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LETTER FROM THE EDITOR

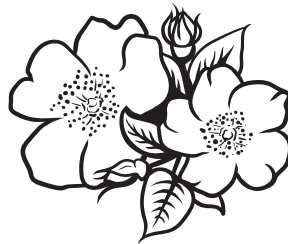
July is the time of year for celebrating our communities. Whether it's Canada day, or a local community event, there are numerous opportunities highlighted in this issue that encourage us to gather together. As I've mentioned in previous articles, it's a way in which we can take time to celebrate and cherish what we have. It's easy to lose touch with our friends and neighbours so these events help create a space to bring us together again.

On a personal note, we have some new life at our home. Two baby fawns were born in close proximity to where we live. Although I find the deer a bit of a nuisance, I was in awe as I observed these little creatures prance through my yard. After enjoying my many varieties of plants that deer supposedly don't eat, they came and suckled their mother. It was quite the sight and reminded me of when we first moved to Redwood in 2005 and all our kids were so excited to see a deer. We often take for granted the environment we're in and it

becomes familiar. Over the last few years, I've endeavoured to challenge myself to notice something new or unique when out on my walks. This has taught me to see and appreciate not only my environment but the people around me as well.

Unfortunately, it's easy to become familiar with our communities, often losing sight of the uniqueness and people that make it special. Sometimes we need to see it through a new set of lenses, similar to how I saw the two fawns in my yard. As we live and work in our communities, let's be sure to create safe spaces where others can feel like they can settle, creating new beginnings in the spaces we've come to appreciate and call home.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Sarah V Moran is a local artist, writer and photographer. She is from the US and grew up regularly visiting family in Canada. As an international person who lived in 5 countries, Sarah is most grateful to have landed in Millarville, Alberta with her fellow inspiring artist fiancé where the sunset, sunrises, landscapes, nature and horse culture speaks to her soul. Art has always been a source of relaxation and challenge for her. When drawing or painting, she enjoys integrating two or more photos to create something totally new and with a unique perspective. She especially is enjoying painting portraits from black and white photos taken long ago of peoples who lived in Western North America. Nature, Animals, Alberta cowboy and English horse culture, and peoples who lived long ago are an inspiration. You can find more of her art on Instagram: @SVMoranart or she can be reached at sarahvmoran@msn.com.

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

ROCKY VIEW COUNTY Election 2025



**THE NEXT MUNICIPAL ELECTION
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LETTER TO THE EDITOR

A Dissection of Double Speak

In the April 2025 edition of High Country News, our MLA Sarah Elmeligi speaks against the UCP budget. She writes “the 2025 budget creates a massive deficit.” Does Sarah not think that Albertans have a memory?

In the spring of 2015, when the NDP government took financial control, Alberta had a total debt of 12.8 billion dollars, but also owned 20 billion in net financial assets. According to the Parkland Institute, this put Alberta in a surplus position. In fact the previous 25 years of Conservative governance had posted a surplus (revenue over expenditures) of 24.6 billion dollars (GoA, Historical Fiscal Summary, 1990-2015).

Enter the NDP government fiscal policies. In 4 very short years, the NDP government quietly racked up an astonishing 37.67 billion dollars in debt (expenditures over

revenues). This is a whopping \$ 8,969.00 overspend per person ...not just what they spent, what they spent over and above what they brought in as revenue. Now Sarah Elmeligi is complaining about the UCP overspending?

Premier Kenney and his team went to work. Since the Conservatives have retaken control of the Government of Alberta fiscal controls, our ration of expenditures to expenses have greatly improved. In the first 5 years Alberta posted an \$8.4 billion dollar surplus. (GoA, Historical Fiscal Summary, 2015-2020)

Let's now double down on the Double Speak

MLA Elmeligi then proceeds to criticize the UCP government that they didn't spend enough on healthcare, education and ...tariff protection?? Okay I get the concept that you don't believe that the UCP government spent enough, given the past history of the Alberta NDP fiscal policies, however, I find it disconcerting that Sarah feels that she can speak against a deficit and underspending in the same article. Pick one.

I don't know about my fellow constituents, but I would prefer that my children and grandchildren do not have to pay the debt that my generation amasses. I am pretty sure that they also don't want to pay for my debts. Maybe we should think about this the next time the opportunity comes to place your “x.”

Andy Heim



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LETTER TO THE EDITOR

I am a third Generation Albertan. Here are some good reasons for Not joining the USA.

1. The cost of joining the USA is 50% of our Royalties will go to the US federal Government through the American Bureau of Land Management (BLM). Reference (www.blm.gov or www.doi.gov>oci>blm-policies-and priorities)
2. The Second amendment. The right to bare arms. Give every idiot the right to carry a fire arm.
3. Private health care. From my son who is living in the USA pays \$1,700US / month or (\$2,361Canadian) for decent health care.
4. 24-hour bombardment of health ads and political ads as there in an election every 2 years.

The BLM is a branch of the Federal US Government that claims 50% of all royalties and profit from crown lands including

mineral rights that states acquire in the US.

So, by all means promote the annexation of Canada to the US and give away 50% of Alberta royalties.

Also add to the list Revenue from:

- Timber from all Crown Lands
- Potash from Saskatchewan
- Electricity from BC, ON, QP, and any others that supply electricity form Crown corporations.

Donald Trump needs our money to pay down the US debt!

Frank Hariiman



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

June 17th Council approved a budget adjustment of 25K to top up grant funding from 75K to 100K available between Chambers of Commerce in Bragg Creek, Langdon, Bearspaw, and Airdrie Regional. This would allow granting to remain at historic 2024 levels as there were now 4 Chambers seeking the grant - with Airdrie Regional being the new kid on the block. Council voted to split the budget equally between the 4 of them at 25K each. Note that 2 board members of the Airdrie Regional Chamber are from Balzac-based businesses.

Beacon AI Hub ASP approved

Also on June 17th the Beacon AI Hub Area Structure Plan was approved – our first hyper-scale data centre. As part of the process a new land use called S-DAT (special – data centre) was amended into the Land Use Bylaw, and a specific S-DAT



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“overlay” for the Beacon development was approved to complete the business. Note that this ASP was entirely proponent funded, including covering costs of Admin oversight project deliverables.

2nd Egress

Both the Bragg Creek Community Association and the Bragg Creek Chamber wrote letters to Council and the CAO outlining their concerns on the status of the 2nd Egress for north of the Elbow River. As a result Council was briefed on June 17th of the status of the project, and we were informed that the attempt at renewed negotiation with Tsuu’ Tina Nation has now been officially declined by the Nation. This was helpful for Council to know, and my thanks to the BCCA and the Chamber for their efforts to help push the rock up the hill. I have been discussing this issue with CAO McCullough since touring him around the area shortly after his hiring.

FireSmart

We are looking to host the next FireSmart Committee Meeting on July 7th. The main business of the meeting is to review the DRAFT 2025 Greater Bragg Creek Wildfire Mitigation Strategy that Josh Hoddinott from HFM consulting has prepared. The committee had late last

year set the study planning area to include the ASP boundary for its eastern extent, and a sweeping arc of the Kananaskis Improvement Area from just south of 762 north around Maclean Creek, and up to the juncture with SE corner of Bighorn County as the western extent. This is a larger area of the KIA than included in the previous plan, as the committee felt it better represented the risk profile.

Pauli Kruger our emergency management coordinator has informed the committee that a number communities were successful in receiving the FRILAA \$500 community FireSmart Program grants that she was coordinating. I know a number of subdivisions in West Bragg were/will be hosting events, and on June 8th I had the pleasure of attending and volunteering at our own Elbow Valley event. It kicked off at 10am with a quick safety orientation by our Community Staff for the volunteers. We then ventured into the mature Aspen Forrest hillside across from the Club House. Armed with nothing but our hands and feet, it was frightening that in the span of a couple hours we were able haul an absolutely huge amount of deadfall, standing deadfall, and dead-attached lower branches and brush down the hill and

piled by the ditch for later chipping. Pauli was in the community giving her patented Emergency Preparedness workshop, and was also documenting. She sent some impressive pictures back to the FireSmart folks, to show their granting at work reducing the fuel load. This was very much a pilot for the community, and is a good example how volunteers can make an noticeable impact on common property maintenance, even without professional brush clearing – which also has its place.

Submissions for long-term Capital Projects Our new CAO continues to drive the County forward in “growing up” and getting better and better at managing our growth. This includes our approach to Budgeting, Asset Management and achieving Strategic Objectives. I submitted suggestions for consideration of two large capital projects. They were a 2nd Egress for Bragg Creek north of the Elbow River, and Active Transportation Network (bridge) along Highway 8 and connecting into Springbank to the north and Discovery Ridge to the east.

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ADVOCATING FOR A MODERN STEM CURRICULUM IN ALBERTA

By Sophia Davies

My name is Sophia Davies, and I'm a 15-year-old student from Springbank, Alberta. I'm also the founder of STEM for the Future, a nonprofit dedicated to making science and technology education more accessible, inclusive, and hands-on.

Right now, I'm leading an initiative to modernize Alberta's Grade 7-9 science curriculum, and I'm writing today because I believe our province has a responsibility to ensure students are prepared for the world ahead, not just the world behind.

Our current science curriculum hasn't kept pace with the rapid growth of STEM fields. While the world around us is being transformed by artificial intelligence, climate science, sustainable technology, and advanced robotics, many Alberta students are still learning from outdated textbooks that rarely reflect real-world applications. In underfunded and rural schools, access to hands-on STEM learning, such as coding, design challenges, or robotics, is nearly nonexistent.

This isn't just about technology. It's about opportunity.

Students who are exposed to hands-on STEM before high school are significantly more likely to pursue STEM careers. Girls, in particular, are 33% more likely to stay interested in science if introduced to it before the age of 13. Yet, despite living in a country that prides itself on innovation, only 35% of Canadian high school students graduate with a STEM course in their final year. Even fewer feel confident applying those skills outside the classroom.

That gap is costing us, not just as individuals, but as a society. We need systemic change. That's why I'm calling on Alberta's Board of Education to update the provincial curriculum and embed modern, hands-on STEM opportunities into the classroom, for every student, in every community.

We need policy change to make this permanent, scalable, and equitable.

If you believe, like I do, that education should prepare students for the world they're entering, not the one that existed decades ago, I invite you to join this movement. Please consider signing and sharing the petition to help bring this vision to life at www.change.org/changethestemcurriculum

With your support, we can help ensure every Alberta student has access to the skills, confidence, and curiosity they need to shape the future.




HIGH COUNTRY
News
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THE ONLY LIMIT IS YOUR IMAGINATION - ALBERTANS GET CREATIVE TO CELEBRATE AWA'S 60TH

Alberta Wilderness Association is almost halfway through our 60th anniversary, and Albertans are showing how much they care for Wild Alberta — over 30 people have registered to take on "What's Your 60?," our nature challenge based around the number 60. The ideas participants have come up with are wildly creative and personal.

"The idea of this challenge is for folks to find something that inspires them about Wild Alberta and encourage them to explore it more deeply in 2025," says Lindsey Wallis, AWA's Adventures for Wilderness coordinator.

"We have families who want to get out in nature 60 times this year, either in the city or further afield. There are people writing poems, taking photos and painting. Some people are doing one big adventure like a 60-kilometre trail run, while others are doing 60 hiking or biking trails over the year. Two folks are writing letters to their elected officials, and some others are using this challenge as the impetus to plant more native species in their gardens. It's really whatever speaks to you!"

Amana Konnik has challenged herself to visit 60 central Alberta lakes and hike 60 kilometres on her own. She hopes to inspire other women, especially women of colour to confidently explore Wild Alberta solo.

"I've always had a deep passion for Alberta's wilderness," says Konnik. Things like moss on trees, mushrooms, logs that look like fairy homes, and beaver dams are just some of the things that have captured her imagination.

"This challenge is an opportunity to share that passion and hopefully inspire others to



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get outside and explore. Because once you experience it for yourself you can't help but want to do everything in your power to protect it. One of the things I've discovered is the endless possibilities of our wilderness. The more I pay attention, the more I realize the endless beauty and complexity of nature."

Kelsie Joad is exploring nature close to home with a goal of visiting 60 City of Calgary parks in 2025 and hiking 60 trails with her hiking group, "The Sisterhood of the Travelling Flask." She has explored 25 Calgary parks so far and has discovered hidden gems like Strathcona Park, as well as places like Battalion Park and Old Refinery Park, which connected her with Calgary's history and inspired her to do more research.

"I LOVE challenges like this," she says. "I am a huge believer in living intentionally and being curious about life, people, places, and seeing familiar places in a new way."

Studies have shown the mental health benefits of spending time in nature, and Joad says this challenge has helped her find the motivation to get outside.

"City Parks are places I can fit into my schedule without having to plan a day away or put too much thought into packing," she says. "I want other people to see that there are pretty amazing natural areas right inside the city if you have the eyes and mindset to see them."

With summer just beginning, there is still plenty of time to join the adventure!

Can't join a challenge? You can support other's efforts by visiting their page on the AWA website and sponsoring someone else! All donations go to AWA to help protect Wild Alberta.

AWA was founded in 1965 around a kitchen table by a group of individuals concerned about what was happening to Alberta's wilderness. Since then, AWA has spent 60 years inspiring Albertans to care about wild places and expanding the province's protected areas network.



NEWSLETTER

Judi Hunter - Ward 5 Trustee

Education is certainly rising to the top of political agendas. The Alberta Teachers Association voted overwhelmingly to strike. Whether that will actually happen is to be determined as talks are ongoing. However, teachers are articulating a need to improve working conditions for themselves and learning conditions for students.

Alberta teachers are not alone in sounding the alarm about working conditions. Across the country, teachers have been communicating issues. Most recently, British Columbia has joined the chorus of voices asking for change.

<https://vancouver.citynews.ca/2025/03/17/bc-teachers-federation-annual-general-meeting/>

No one wants a strike; our students have already endured significant disruptions to their educational journeys. Childcare would be a significant issue for parents, not only securing childcare but also the additional financial burden. I doubt any government wishes to deal with such a disruption. The best solution for everyone would be to negotiate a settlement that addresses the issues that have been identified across our nation.

June 19, Grade 6 students from Nothcott Prairie School in Airdrie presented their understanding of energy in our province. Through their participatory presentation, students shared what they had learned with Board members. Teacher Makayla Widmer used the money from the A+ Energy grant

she applied for and received to provide hands-on experiences for her students.

Similar to Alberta, one year after Manitoba banned cellphones in classrooms, schools are seeing clearer minds, stronger focus, and fewer distractions. (Winnipeg Sun, June 19, 2025)

Westbrook School is excited to announce the completion of its new playground, which has been in the making for several years. A new playground can cost upwards of \$ 400,000.00. These funds are raised by the efforts of parents on the School Councils and School Fundraising societies. Thank you so much for your dedication to ensuring are students have areas to play and keep active.

Banded Peak School, Bears paw School, and Springbank Middle School all held Grade 8 Farewell ceremonies. The poise and competence of the students speaking at these events is a testament to the education they are receiving.

This year, 103 students who self-identify as First Nations, Métis and Inuit with distinct cultures and communities are graduating from RVS high schools. Rocky View Schools held if first Indigenous Graduation Celebration, January 25.

Our maintenance departments provide a list of projects that are scheduled. Banded Peak will be receiving a mechanical upgrade to be completed in 2026, and Springbank High will be receiving new flooring.

June 19, Rocky View County provided residents with an opportunity to provide feedback on the proposed use of the 74 acres of land purchased to house recreation and community facilities. Hopefully, some recreation facility can be approved so our young people have a place to recreate.



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Bingham Crossing - RR33 development

- Development Agreements have been executed, and Bingham is actively moving forward with on-site construction in preparation for Costco's opening in fall 2026. The County has approved both the Construction Management Plan and the Traffic Accommodation Strategy, ensuring work continues efficiently and safely.

Leasing for the surrounding retail buildings is underway, with tenant possession anticipated between late 2026 and early 2027. Rencor have indicated that there is a lineup of high-quality retailers and amenities to complement the surrounding communities with a vibrant mix of shopping, services, and conveniences.

Highway 1 and Range Road 33

Interchange Improvements - Significant progress continues on the Highway 1

and Range Road 33 interchange, a vital infrastructure project supporting both current and future regional growth. The County, in partnership with Alberta Transportation and Economic Corridors and local developers, has secured major funding commitments. This includes: a) the Government of Alberta has recently committed an additional \$21 million, bringing the total project budget to \$49.4 million. b) Stage II of the project will include a new four-lane bridge, improved ramps, and the demolition of the existing bridge. c) Detailed design is complete, and construction tendering is expected in the third quarter of 2025.

The County plans on keeping the community informed through updates on the website.

www.rockyview.ca/county-services/capital-projects/transportation/highway-1-range-road-33-interchange

www.rockyview.ca/road-updates

Duke of Edinburgh Awards – On May 24th I had the pleasure of presenting awards at the internationally recognized Duke of Edinburgh awards ceremonies held in Springbank. There were 22 recipients that received awards in either the Gold, Silver or Bronze categories. The categories involve the self development in many areas however the 3 areas of

focus were skill development, community involvement and challenging oneself to undertake something that is outside of one's comfort zone. The program involves a huge time commitment with the Gold level requiring at least 52 weeks of self learning and development.

Some examples of achievement involved: competing in the Canadian national track team, becoming a certified wilderness training guide, developing robotics to simulate life situations, mastering public speaking, learning a second language, plus many different aspects of physical fitness and the creative arts programs. Congratulations to the Gold award recipients': Alexandra Ermenko, Cameron Dempsey, Fergus Moore, Mason Balas, Maziar Matin Panah, Sai Vivek Venna, Asher Hunter, to the Silver Award recipients': Eileen Niftaliyeva, Kamea Lafontaine, Elizabeth Vitaychuk, Lachlan Rosenbaum, Ruhee Kara, and to the Bronze Award recipients': Alexandra Marcoux, Freya Moore, Isadora Barrett, Josephine Vitaychuk, Chidi Nwosu, Ian Buhler, Nathon McKillop, Sara Smyth, Zane Albertson, Kealani Lafontaine, Rio McDonald

Cemetery Master Plan - RVC is reaching out to inform you about the upcoming community engagement opportunities related to the County's Cemetery Master



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Plan update. This long-range planning document guides how cemetery lands are developed, maintained, and used, and includes a proposed expansion of the Garden of Peace Cemetery. The update ensures that cemetery services continue to meet the evolving needs of residents, and community feedback is essential in shaping this work. We encourage you to review the project details and share your feedback through the online survey at engage.rockyview.ca/cemetery-master-plan. The engagement will help the County assess current and future service needs, design a thoughtful expansion of the Garden of Peace Cemetery and ensure the Master Plan reflects the preferences, values, and traditions of our community. Following

the engagement, public feedback will be analyzed and used to refine the plan. A final version will be presented to the Council later in 2025. Engagement opportunities include: **Phase 1 (June–July):** a) Online Survey – Open to all residents via Your View Rocky View County b) Community Partner Survey – Sent directly to key groups and stakeholders **Phase 2 (September–October):** a) Open House at the Garden of Peace Cemetery – Details to be confirmed, b) Online Survey – Focused on feedback regarding draft expansion concepts.

Don Kochan - Deputy Reeve
Division 2 Councillor
kochandiv2@gmail.com



Coy's Christmas Trees are coming back to Bragg Creek during Spirit of Christmas. But we're only bringing **50 trees (12' max)** plus our custom greenery. It never hurts to plan early for Christmas.

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

It's been over a month since we adjourned the legislature for the summer, and what a great month it's been! I love the time between spring and fall sessions because it's my time to connect with YOU! I've missed you! It's so good to be home and focusing my travel time on getting around our vast riding to our different communities.

I love spending my summer in your community under that glorious Alberta sunshine while we eat a burger or enjoy a beverage, and look out over the green eastern slopes or the majestic peaks. There are so many opportunities to connect over the summer from the local community AGM and BBQ to parades, markets, events, and more than a few pancake breakfasts! Over the summer my focus shifts to strengthening relationships with

as many constituents, community groups, businesses, and municipal councilors as possible. My calendar is already jam-packed with BBQs, community events, farmer's markets, and celebrations and there will surely be more to come!

I have always said I don't want anyone in our riding to drive more than a half hour to see me, which was the main reason for creating my regular MLA on Tour events in the east end of the riding. Whether at a community event or an MLA on Tour, I want to hear about your life, business, kids, and your community. If you see me at an event, please come over to say hi and tell me what's on your mind (good or bad – remember, I'm the MLA for everyone across our riding regardless of how they voted). These are truly the connections and conversations that shape my understanding and direct how best to represent you when I'm in Edmonton.

My office team has grown as we have welcomed to new summer student interns to help with community outreach and engagement! We're so excited to have

Lucas and Cael on our team. You will definitely meet them over the summer at events across the riding, like the Canmore Folk Fest, the Millarville market, Bragg Creek days and so much more. We're also going to ramping up door knocking this summer because nothing beats chatting with you on your doorstep one on one.

Through your emails and messages online, and in person at your door or at events, I learn more about your priorities and how best to champion your needs. Please continue to keep us informed about events in your community, my team and I welcome the opportunity to get involved.

Even though our communities are diverse in many ways, our connection to the land binds us all to this place. From this connection stems one thing we all have in common – a concern about wildfire risks and preparedness.

Forest fires have become more common and intense across Alberta leading to a growing anxiety among residents around what to do if a wildfire comes close to their community. Wildfire season in Alberta officially starts March 1 and runs until October 31 annually - but wildfire has no boundaries and follows no calendar. Wildfire is an ever-increasing risk to communities across our vast riding – from our aging coniferous forests and grassland areas to our rural centres surrounded by our natural landscapes. Fires and smoke in Alberta affect all of us; and residents in our riding who live in these wildland/interface areas share in the responsibility to increase human safety, decrease property losses, and enhance wildland fire suppression success.



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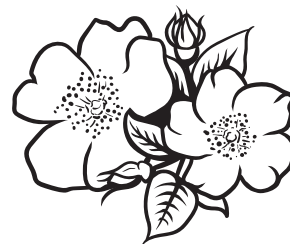
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We all have a role to play to address the challenges and risks associated with wildfire and it literally starts at home. I've attended a couple different community clean ups in the riding where residents gather together to clean deadfall and other natural combustibles from close to their homes. When we work together, we can get so much more done! Firesmarting your property protects you and your neighbours. I recommend you also take some time to figure out what your community's emergency response plan is and where you will get information about it – most of this information should be available on the MD or Municipality websites. Here are some other tips:

Be Ready: FireSmart your property and talk to your neighbours about organizing a community clean up event. Make a Household Emergency Plan and Prepare an emergency kit. To learn how to get started, contact your local authority, get a copy of our Wildfire Preparedness Workbook (email us and we'll send it), and/or visit additional resources online such as firesmartcanada.ca, firesmartalberta.ca, and GetPrepared.ca.

In an emergency: Follow official channels and updates. Sign up to receive notifications from local Emergency Management and Download the Alberta Wildfire Status and Alberta Emergency Alert apps.

Sarah Elmeligi

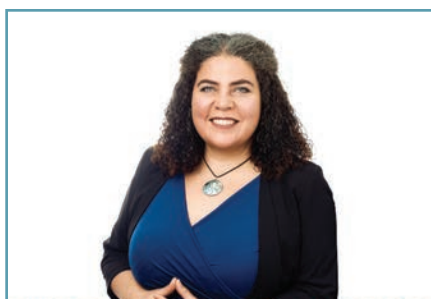


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Are You Missing the Mark on Retirement Planning

Here's the thing—many Canadians are great at setting money aside in their workplace retirement plans. But when it comes to actually figuring out how much they'll need in retirement and whether they're on track to get there? That's where things fall apart.

A survey from Ipsos Reid found that only about half of Canadians follow a financial strategy—and even fewer are saving regularly for long-term retirement goals. That's kind of a big deal.

Now, to be fair, it's easy to see why people put off thinking about retirement. We're dealing with a lot—economic uncertainty, stagnant wages, rising living costs, job insecurity, government debt. With all that noise in the background, it's tough to focus on something that might be 20, 30, or even 40 years down the road.

But here's the twist: all that uncertainty shouldn't be a reason to ignore your retirement planning. It should be the very reason to take it seriously. You may not be able to fix the global economy, but you can take control of your personal financial picture. Your "personal economy," if you will.

That starts with two key questions:

1. Where am I now?
2. What do I need to do to get where I want to be?

It doesn't have to be overwhelming, but you do need to know the numbers—and the plan—to get you to your retirement goals.

One of the biggest culprits behind the lack of planning is good old-fashioned procrastination. The survey showed that older Canadians—those 55 and up—tend to take retirement planning more seriously. They're more likely to track their progress and work with a financial planner. And that makes sense. Retirement is no longer an abstract idea once it's just around the corner.

But imagine sitting down at 55 and realizing you're way behind. That you'll need to save most of your income over the next 10 years or, worse, work a part-time job in your 70s just to get by. That's not the retirement most people dream of.

And here's a wake-up call: with an aging population and rising government debt, we can't count on public programs like CPP & OAS to look the same 20 or 30 years from now. Your retirement is, more than ever, your responsibility. Unfortunately, these plans will not cover your total income requirements in retirement.

You need to calculate the NET annual income needed upon retirement i.e. a percentage of your current salary. This can include or exclude the major financial commitments of mortgage or vehicle loan. It is becoming more apparent that retirees may be carrying their mortgages into retirement often without a company pension plan. Therefore, in addition to CPP & OAS, you need RRSPs & TFSAs.

A lot of people don't understand their investment statements—or find them too confusing. The survey found that over a third of respondents admitted this. And nearly three-quarters said their workplace

pension plans didn't offer enough investment advice. Yet only 31% reached out to a financial advisor for help.

The good news? You don't have to do it alone. A qualified financial advisor can help build a retirement plan that's realistic, tailored to your goals, and surprisingly stress-free.

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

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

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

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MAKE YOUR MARK By Mark Kamachi

Let's chat AI.

In this month's article, I asked Chat GPT the question, "Will AI take over human content creation in the next 10 years when it comes to the profession of advertising-design, or will the human brain be superior at content creation?"

This was its response, verbatim:

*"In the next 10 years, AI will likely **dominate** many aspects of content creation in the advertising-design profession — but it won't fully replace the human brain. Instead, we're heading toward a hybrid reality where AI handles the bulk of production, while humans focus on higher-level thinking, emotional nuance, and strategic oversight. Here's a clearer breakdown:*

Where AI Will Take Over

Speed and Scale

AI can already generate thousands of visual and text ad variations in seconds, A/B test them in real time, and optimize based on performance data. This is something human teams simply cannot match.

Template-Driven Design and Copywriting

Routine marketing materials like banners, product descriptions, email templates, social media posts, and even video ads will be increasingly generated by AI. Most small businesses and even mid-sized agencies will default to AI-first workflows.

Personalization at Scale

AI thrives at creating hyper-personalized ads tailored to specific user demographics, behaviors, or preferences. This level of granular targeting is computationally impossible for humans to manage alone.

Where Humans Will Still Lead

Strategic and Conceptual Thinking

AI is great at remixing existing ideas, but it struggles with big-picture strategy, cultural intuition, and truly novel campaign concepts. Humans remain stronger at asking the right questions, not just answering them.

Emotional Resonance and Brand Voice

Humans are still better at tapping into emotion, irony, cultural nuance, and humor — the qualities that make brand storytelling memorable and relatable. These are difficult for AI to authentically replicate at a high level, especially for breakthrough campaigns.

Ethics, Judgment, and Taste

AI has no conscience. It doesn't understand when a message is offensive, tone-deaf, or politically volatile unless trained and monitored extremely carefully. Human

judgment is still essential for steering creative decisions responsibly.

Bottom Line: By 2035, 90% of routine advertising content creation will likely be handled by AI — but the top 10% of conceptual, strategic, and emotionally intelligent work will remain human-led, at least for now. Human creativity isn't obsolete, but it is being redefined. The winners in the industry will be those who can direct, edit, and challenge AI — not just compete with it.

In essence: AI will be better at content creation, but the human brain will still be better at content that matters."

Phew. Well, that's a relief but at the same time, the writing is on the wall. Not only will AI take over the more mundane, time-consuming, "expected" roles of many professions, it will at some point exceed what we fleshy folks can do (if it hasn't already). So how do we stay a step ahead?

As someone who still relies on blank paper and a black Sharpie and not a computer to generate ideas, I see AI as another tool in our quiver. Conceptualization and creating the "aha" moment will come down to the white and grey matter between our ears. Keep experiencing life on all levels.

Grow your brain.

Cheers, mark.



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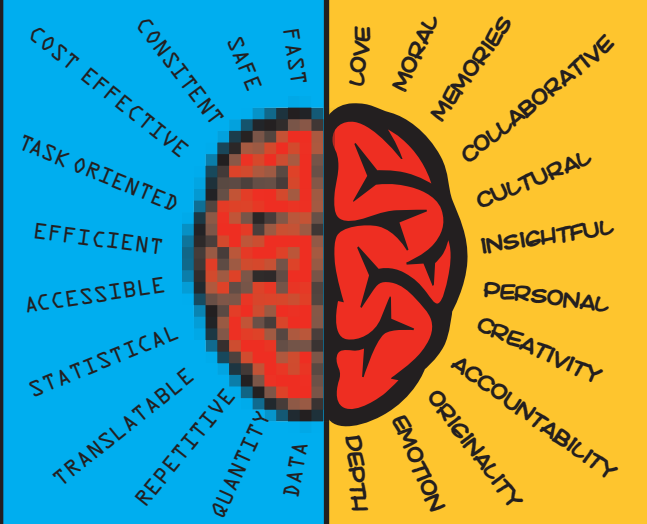
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If you read the article above then you'll know Chat GPT stated, "the human brain will still be better at content that matters". Using both AI and the human brain in a hybrid manner works. There still is a need for creative shops like us. Need help? We're not going anywhere soon.



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THREE FROM BCEC LEARN BIRD-BANDING

By Emma Barry and Sally Beetham Tilley

In support of BCEC's mission to protect local wildlife and their habitats by contributing to scientific research, three of our members recently participated in the **Introduction to Bird Banding training** with the Calgary Bird Banding Society (CBBS). Peta, Terrill and Emma have now completed the training, and gained experience working the field as bird-banding assistants at the **Inglewood Bird Sanctuary**. It was a rich learning opportunity that allowed them to learn more about what CBBS does.

The CBBS aims to quantify long-term population trends of Neotropical migratory birds, to promote involvement and expertise in bird-banding, and to promote conservation of these birds by fostering public awareness and understanding. It was founded in 1995 and joined the **Canadian Migratory Monitoring Network (CMMN)** in 1998. This national network is a collaborative initiative of bird observatories across Canada, Birds Canada, and Environment and Climate Change Canada. It provides vital long-term information on bird demographics and population trends for more than 200 bird species in Canada. The migration monitoring data is managed for the network by Birds Canada, where they also regularly analyze and produce population trends, and make the data accessible to the public and other researchers.



Peta Stuart prepares to release a newly banded Red Winged Blackbird copy

Bird-banding has a long history. The first recorded instances are from around 200 BCE, when birds marked with natural paints or string were used by – for instance – the Roman military for communication purposes. Into the Middle Ages paint and thread were used to mark birds used for sport. J. J. Audubon in the USA used bits of wire to 'band' birds in the early 1800s for research, and E. T. Seton used printers' ink to mark Snow Buntings for similar purposes in Canada in 1882. Modern, systematic and scientific bird banding began spread from Denmark to other countries in the late 1890s, where it was pioneered by H. C. C. Mortensen.

There are currently 25 CMMN bird-banding stations across Canada, one of them at the Inglewood Bird Sanctuary. Modern day monitoring involves making repeat observations or measurements over time to determine condition or track change. The key to collecting viable trend figures is the collection of highly standardized daily data. Long-term spring and fall migration monitoring projects are conducted at Inglewood Bird Sanctuary by CBBS and the data is provided to the Institute for Bird Populations in Point Reyes, California. There it is integrated

with data from the over 500 other North American stations.

In addition, the Calgary Bird Banding Society has been monitoring migrating Northern Saw-whet Owls at a site in the Foothills west of Calgary since 2004. Monitoring for these birds are well established in eastern North America but sparse in the West. This is therefore of particular interest to us.

During the two-day stint assisting the Bander in Charge, Steve Lane, the BCEC members helped capture 30 birds, including 15 different species and seven recaptures (birds that have been caught previously and are already banded). In addition to banding, measurements such as weight, wing length and age were taken and documented with great precision. The expertise and care exercised by the banders are impressive and ensure the birds' safety and welfare, adhering to the Bander's Code of Ethics. Steve Lane's passion for bird-banding and his sense of wonder were inspiring, and evident throughout the experience.

As BCEC's Peta Stuart said: "Some mornings, it's worth rising before the birds. Our time with Steve Lane of the Calgary Bird Banding Society was a true gift – a chance to learn more about our feathered friends and contribute to the science of bird migration. These tiny creatures are nothing short of magical."

This work highlights the importance of citizen science and community engagement in conservation efforts. If you're also inspired by this, considered joining BCEC's Bird Club.

<https://braggcreekenvironmentalcoalition.ca>

<https://calgarybirdbandingsociety.org>

www.birdscanada.org/bird-science/canadian-migration-monitoring-network-cmmn



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AT THE BAVARIAN INN



COMPLEX PAIN MANAGEMENT: WHAT YOUR PHYSIO WANTS YOU TO KNOW

Hello, readers! As promised in last month's edition, this article will touch on management of complex pain. If you need a refresher on what complex pain is, please take a peek back to the June edition!

We explored in the previous article that pain is person and context specific. Our pain is influenced by multiple inputs (biologically, psychologically, socially). Because we know this, we can also discuss that there must not be only one approach to manage complex pain. Oftentimes, we look to our healthcare professionals to tell us exactly what to do/ how to "fix it". I propose that, because of the uniqueness of the pain experience, it is crucial that we shift the perspective and view you (the patient) as the leader of the healthcare team. It is our job to work with you to find strategies that work in your life (not the other way around).

The first area of management we will discuss are the psychological and emotional aspects. There are various resources that can be accessed - whether it is meeting with a psychologist, accessing psychological resources (see links below), or practicing self care. You've probably heard the saying: you can't pour from an empty cup. Taking time to enjoy some of those cup filling things can help you manage your pain experience.

Learning about pain can also be a powerful tool for management. Some online resources that you might be interested to check out are "Live, Plan, Be", "Pain Canada", "My Pain, My Way". Speaking to your physician about pharmaceutical options can also be a piece of your management plan!

The role of physiotherapy in complex pain management is diverse. We work as part of your team and can help empower you with education on different avenues of treatment. The first step in complex pain management is completing an assessment, which allows us to figure out what type of pain you are experiencing. Here are some aspects of physiotherapy management of complex pain:

- Getting on your side. We want to learn about your story and how your life is being affected by your experience.
- Supporting self management. Gone are the days of only heat packs and buzzy machines. We help build your competence and self efficacy (through active movement strategies and education) to support your long term management.
- Individualized treatment. Creating an adaptive treatment plan based on your specific context of pain and personal experience.
- Hands on therapy. This may include soft tissue work, desensitization training, and/or dry needling techniques (to name a few).

- Using a graded approach to movement. Literature shows that using a graded approach to activity (in a complex pain context) can be more empowering that using a "no pain, no gain" or "let pain be your guide" approach. I will explore this below!

The first step is to choose a physical activity that you enjoy and is accessible for you at this time (i.e., walking, biking, gardening). Then, you will assess your tolerance (i.e., how long can you go before pain increases). Measure how long/ far you can go before your symptoms increase by 2/10 (you can measure headache, pain, fatigue ... whatever is most meaningful to you). Next, work with your provider to determine an activity goal that is below your tolerance threshold (established in the previous step). Choosing a goal you know you will be able to achieve is important. Finally, complete the activity starting with the established goal, with slow but consistent increases. This approach is often a long road and requires consistency. But, oftentimes offers hope and a sense of control to people living with pain.

Complex pain requires individualized treatment strategies. Management can include multiple moving parts and a multidisciplinary healthcare team. The approaches explored above are for informational purposes only and are not intended to act as treatment advice. If you are interested in support with your pain management, our team is here for you!

Bre Maughan
(MScPT, BScKin)
Bragg Creek Physiotherapy
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10:30am PARADE!

11am-5pm: GROUNDS FESTIVAL

Sunday July 20th:

Town Sidewalk Sale, Bragg Creek Foundation (Not a) Golf Tournament, Restaurant and Instore Specials.

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- ☑ teen camp August 18-22
- ☑ indoor and outdoor activities
- ☑ half and full day drop-ins
- ☑ outdoor skills field trip each week

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Bragg Creek Days

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JULY 19 & 20 2025
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11:00AM TO 5:00PM - KIDZONE - LIVE STAGE & BEER GARDENS - OUTDOOR MARKET
PIE EATING CONTEST AT 1:00PM - PONY RIDES 1:00-3:00PM

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XC BRAGG CREEK SKI AND BIKE SOCIETY

XC Bragg Creek Ski and Bike Society has a lot to celebrate this month with a successful Spring Bike Season and 3 amazing XCBC Athletes making the 2025 Nordiq Alberta Development Team.

From XCBC's Mountain Bike Coaching Team:

As the season wraps up, we're celebrating an incredible group of young athletes who pushed their limits, found their flow, and supported each other every step (and pedal stroke) of the way.

Over the past weeks, these riders have grown stronger, braver, and more skilled—tackling technical terrain, mastering corners, and gaining confidence on every ride. With guidance from our experienced (and super encouraging!) coaches, the group built trust, resilience, and a love for riding that will carry them far beyond the trail.

From leg burning climbs to fast descents, it's been amazing to watch each athlete progress and cheer each other on. Ride Fast isn't just about speed—it's about showing up, riding hard, and having fun doing it.

We're proud of every single rider. Ride on!



Photo Credit: Erik Anderson

Photo Caption: XCBC Rec Bike Athletes reviewing the trails at West Bragg Creek.



Photo Credit: Erik Anderson Photo Caption: XCBC's amazing volunteer coach team!

Volunteer Coach sign up for the 2025 Fall Rec Bike session is open now!

Sign Up here: <https://go.teamsnap.com/forms/484988>

From XCBC's Nordic Coaching Team:

Three exceptional athletes from the XCBC Nordic Ski Team have been named to the 2025 Nordiq Alberta Development Team, marking a significant step forward in their competitive careers and a proud moment for our XCBC Team.

Evelyn Peperkorn, who began competing at age 10, has been a podium regular. Fiercely determined and technically sharp, she brings strong focus and competitive fire to her races.



Photo Courtesy of Joni Peperkorn

Caption: Evelyn Peperkorn

Owen Kary, who joined the competitive program in 2023, experienced tremendous growth last season. His standout endurance, quick learning curve, and adaptability helped him rapidly rise through the ranks.



Photo Courtesy of Janine Hopf Photo

Caption: Owen Kary



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Ian Thompson began his journey in biathlon before moving into Nordic skiing, where his strong work ethic and dedication make him a vital presence on and off the trails.

Together, these athletes exemplify the strength of XCBC's development program as well as the future of cross-country skiing in Alberta.

XC Bragg Creek is Hiring: Head Nordic Coach

Inspire. Lead. Develop. XC Bragg Creek Ski and Bike Society is seeking an experienced and passionate Head Nordic Coach to lead our vibrant and growing cross-country ski community. This is a dynamic, hands-on leadership role for someone who thrives on coaching excellence, athlete development, and building team culture.

To Apply:

Please send your resume and cover letter to: clubpresident@xcbraggcreek.ca



BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Meetings

For July and August, the Chamber will be taking a break from its regularly scheduled meetings as this is the season when Bragg Creek is most alive. Our meetings will resume on September 17, following the fun of summer! With that being said it's time to get outdoors and see all the beautiful things our Hamlet and area has to offer.

Events

It's The 56th annual Bragg Creek Days! We want everyone to come down to Celebrate one of our favourite events of the year! Your Chamber is hopping on board with organizing the set-up and takedown of the parade. We need boots on the ground for setup & takedown on July 19 at Bragg Creek Days! If you or someone you know has a knack for being a community champion, please email us at office@braggcreekchamber.com!

Cobwebs or Curb Appeal? Maybe it's time to update your directory listing!

Did you know that just the last 5 months alone the Visit Bragg Creek website had more than 14,000 visitors? That means your business listing is more than just a formality... it's your digital welcome mat. So, is yours rolling out the red carpet? Or collecting cobwebs? If you need an update, email us!

Join A Chamber Subcommittee

Do you have ideas? Creative solutions? A business initiative you'd like to explore? If so, we want you! Our Chamber Subcommittees are looking for volunteers with diverse perspectives and a collaborative approach to support the local economy. Contact the Chamber to learn more.

On behalf of your Bragg Creek & Area Chamber team.

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Living in a Forest Community: A Privilege and a Responsibility

It's hard to imagine the greater Bragg Creek area without its towering trees, lush vegetation, winding creeks, fresh air and precious wildlife. These natural features are the very reason people choose to live in this forest community - and why so many others are drawn to visit.

But what exactly is a forest community? How is it different from other places? And most importantly, what responsibilities come with living in one?

What is a Forest Community?

A forest community is a dynamic, interconnected system composed of local people living within or near a forested area alongside the native plants, trees and wildlife that inhabit it. Unlike urban or agricultural communities, the health and sustainability of a forest community depends on a balanced coexistence of human activity with natural processes, with local knowledge and stewardship playing a role in the preservation and maintenance of a healthy, functioning ecosystem.

Imagine that the vegetation and wildlife in Bragg Creek suddenly disappeared. Would it still be the community we know and love? Would the quality of life be the same? Of course not. This is a challenge we face.

Currently, the forest community resident enjoys a unique quality of life

that embraces the wilderness as part of its identity. It is a privilege that comes with clear responsibilities. The natural environment will only sustain us if we care for it in return. Overuse or misuse of our forests, waterways and wildlife will cause them to lose their vitality and deteriorate.

So how do we protect what we cherish? Let's consider the concept of Regenerative Living.

What is Regenerative Living?

Beyond simply minimizing harm to the environment, regenerative living is about actively restoring, enhancing and supporting the health of natural systems. It's a mindset that prioritizes living within nature's limits and creating conditions that allow ecosystems, wildlife and people to thrive in harmony.

In practical terms, it means protecting and improving what we already have. While significant initiatives might include wetland restoration, the removal of invasive species or limiting land overuse by industry or tourism, as individuals, we can also have a positive impact by employing, for example, these thoughtful practices:

- Using biodegradable cleaning products.
- Avoiding pesticides on lawns and opting for native plants to create wildlife-friendly yards.
- Installing wildlife-friendly fences that allow animals to move freely.
- Securing garbage and compost to prevent human-wildlife conflicts
- Keeping cats and dogs under control to prevent harm to wildlife.

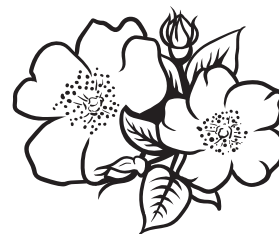
- Making windows bird-safe to reduce fatalities.
- Limiting outdoor lighting to preserve dark skies.
- Staying off trails at night to give wildlife undisturbed space to feed, migrate and care for their young.
- Respecting seasonal wildlife behaviors seen in fawning and rutting periods.

Ultimately, regenerative living means first understanding what nature needs to thrive - then stepping aside to allow a pathway for natural processes to take place - and stepping in to repair any damage from the past.

A Community Vision

Regenerative Living is a growing global movement. It is also a principle that the Community Visioning Committee has incorporated in the new Bragg Creek Area Structure Plan for the hamlet and expansion area. By employing nature-enhancing practices and responsible land use policies, we will shape our future community into a place where both people and nature flourish, side by side.

Visit www.braggcreekwild.ca/wild-smart-ressources for tips on how you can become Wild Smart and start living a regenerative lifestyle.



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ROSEBUD CHAMBER MUSIC FESTIVAL MAKES BRAGG CREEK DEBUT AT CHISEL CREEK SESSIONS

The Rosebud Chamber Music Festival (RCMF) is thrilled to announce its debut performance in Bragg Creek, taking place at the intimate and inspiring Chisel Creek Sessions venue on Saturday, June 28 at 7:00 PM.

Known for bringing exceptional classical chamber music to rural Alberta communities, RCMF has been a staple in the Badlands arts scene for over a

decade. Now, for the first time ever, Bragg Creek audiences will have the chance to experience the festival's signature blend of world-class artistry and small-town warmth.

"We're absolutely delighted to share this music in Bragg Creek for the very first time," says Artistic Director Keith Hamm. "Chisel Creek Sessions offers the perfect atmosphere for what we do. Up-close, heartfelt performances that invite audiences into the music."

The 2025 ensemble features two exciting RCMF debut artists, Godwin Friesen (piano) and Alexander Read (violin),

alongside returning festival favourites Julie Hereish (cello), Leana Rutt (cello), and Keith Hamm on viola. Together, they will perform a dynamic program of classical chamber works designed to move, uplift, and inspire.

Whether you're a long-time classical fan or simply curious, this concert promises to be a special addition to Bragg Creek's vibrant arts community.

Tickets and event details available now at: www.rosebudchambermusic.com

Come early to enjoy the natural beauty and welcoming spirit of Bragg Creek, then stay for an evening of extraordinary music.



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THE LITTLE SCHOOLHOUSE

The Little Schoolhouse is out for the summer, but we're excited to participate in some upcoming events! You can find us at Bragg Creek Days, where we'll be sponsoring a special musical event in the Kids Zone. You might even spot some of our students in the parade! It promises to be a fun event, so we hope you can join us.

If you're looking for a cozy, play-based educational program for your child this September, we still have spots available in our preschool and kindergarten programs. For more information, please visit our website at www.thelittleschoolhouse.ca.

We would love to have you join us!
Have a wonderful summer!

Ms. Shelley and The Little Schoolhouse team



REDWOOD MEADOWS EMERGENCY SERVICES

Hug A Tree and Survive!

Summer is here! These four key rules work to ensure kids have the knowledge and training needed to safely enjoy the outdoors and their communities this summer:

- * Tell an adult where you're going: Always tell a trusted adult where you're going, who you're going with and when you'll be back. You can do this in person, over the phone, by text message or leaving a note in a place they will find it.
- * If you're lost, "hug-a-tree" and stay put: A tree can protect you from the elements when you're outdoors, and most importantly keeps you in one place. Depending on where you are, there may not always be a tree. Perhaps your "tree" can be a large rock or a bench. No matter

what your landmark is, it's important to stay put in order to stay safe. Hey adults, same goes for you. If you call 9-1-1 from the trails - stay put so we can find you quickly!

- * Keep warm and dry: Temperatures change throughout the day, and can drop at night. Even if you're warm during the day, pack a jacket in case you must spend longer-than-planned on the trails. If you get cold, pull up your hood or put on your hat, tuck your shirt in, tuck pant legs into your sock and zip up your jacket. You can also keep warm by building a nest to keep you off the ground or by building an emergency shelter.
- * Help searchers find you by answering their calls: Whether searchers are parents or first responders, they just want to get you home safely. Answering back to their calls by making noise and signaling, so you can be heard and seen. Make sure to leave lots of footprints and clues, so searchers can follow your tracks to you.

Until next month, stay safe!



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

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Protecting Valuables

How do you keep your valuables safe from a thief breaking into your home? You should also consider protecting your valuables from fire, flood or other natural disasters. In this article, I'm going to mainly focus on personal items such as important documents, jewelry, cash, passports, and other smaller items.

With regard to thefts by thief, one of the first principles you should follow is, "if they can't find it, they can't steal it". The average amount of time thieves want to spend in your home is 5 - 12 minutes (it might be a little longer in rural locations). They want to be in and out before someone comes home or the neighbours get suspicious.

They are not going to be polite about their intrusion, so drawers, cupboards, desks and such will be yanked out, contents strewn on the floor to provide a quick purview of what's there. Note that if you tape stuff to the bottom of drawers this method will reveal your hiding place.

Another thief process you need to consider is that thieves traditionally go straight to the master bedroom looking for cash or jewelry. He'll look in your nightstand, under your bed and in your closet. A thief's next stop is the home office. Here's where he'll find credit cards (or credit card statements with credit numbers & limits), laptops, passports, bank account details. From there it's on to the bathroom to check the medicine cabinet where he's looking for prescription medicines, narcotics – they're easy money. If you want to hide stuff, avoid these rooms.

Another principle that you will have to consider is "how difficult do you make it for a thief to find what you are protecting vs how often you need to access that particular item". It can be inconvenient for an often-needed item for you to have go through an elaborate and/or lengthy process to access the item. This will work

for items you may only need to access occasionally like once a month or more, but for items you use regularly you'll have to come up with a simpler solution or just take the chance.

If building a house from scratch, it'd be worth seriously considering designing in a false room or area that doesn't appear to exist even with a thorough inspection. However, the majority of us live in existing houses, but that doesn't mean we can't get creative. If you search the internet, you can find all kinds of ingenious ways people have come up with to hide stuff.

The above principles don't really address the fire aspect. This leads us to consider other options like not hiding things in the house but outside somewhere that is fireproof. The most destructive would be a forest fire where everything is burned (re Jasper). There's always the dig a hole somewhere and bury whatever it is. Facetiously, then someone can find your "urn of old roman coins" and read what life was like back now.

Probably a more practical solution is to buy a fireproof safe. Try to get the highest fire rating possible. Don't underestimate how hot a wildfire can get. There are some principles to follow here too. Avoid the small hand-held safes. If a thief finds it,

he'll just take it and figure out how to open it later knowing that he's probably got something valuable as you've put it in a safe.

If you do want a small safe you can get something like an infloor safe. Years ago, an acquaintance of mine helped his father-in-law drill a hole in their basement floor and cement in a small floor safe. If you do that, ensure the safe is waterproof and that there is a covering over the safe so its existence remains undetected.

A number of people may also have a large gun safe that can store multiple firearms or whatever else you want to put in it. It's probably more difficult to hide a gun safe, but the trade off is that if you buy a big enough one, it's too heavy to move easily and your average thief is not going to be able to carry it out the front door, even if he has buddies.

If you have a medium-sized safe, then hide it. Remember if they can't find it, they can't steal it. I'll leave it to you to search the internet for all kinds of ingenious ways to do that.

*Dave Schroeder
HCRCWA Board Member*

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MILLARVILLE COMMUNITY LIBRARY

Did you Know?

Summer library hours beginning June 30 will be Tuesday 9-12 and Wednesday 10-7:30. The library will be closed Canada Day. Millarville and Priddis Fair booklets are available at the library.

Reading for just six minutes can reduce stress levels by 68% plus reading can improve your sleep quality!

We have a new artist display adorning the walls of our library. Stop by and check out the beautiful paintings by local artist Shelley Van Reekum.

Classes

Drop-in Kids program will run every Wednesday starting on July 9th from 11-4. Please come to the library for fun activities, craft and story time accompanied by a parent or grandparent. Go to the Millarville Community Library Facebook page for details about extra special activities that

will be happening at the Kid's program as the summer progresses.

Watch for more information about upcoming fall classes including Facial cupping with Dr. Mandle Gillette on September 25th, an author visit on September 18th and an extra special activity with the Sheep River Library in October!

Would you?

Looking for ideas and people to share or teach a Christmas craft or class for adults and/or children this fall and winter. Please speak to Natasha at the Library.

Consider joining the Library Board. It is a 1-2 hour per month commitment and is a great way to get involved and ensure continued success in having a library in our community.

Boquets

A big thank you to the Millarville Horticultural Club for all their hard work and help in cleaning up the library garden. President Louise Bruns provided valuable information to make it look so attractive. Patty Webb, Arlene O, Susan B, Glenda B, Yvonne S were wonderful to work alongside as we freshened up the school garden next to our library.

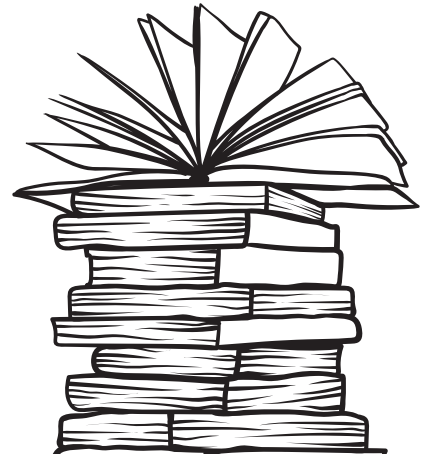
We enjoyed working alongside these knowledgeable people.

We thank Jean Whyte for her years of service as our library board chairperson. Welcome to our new chairperson Sheila Hildebrandt.

Need a Read?

"I love to read *The Wind in the Willows* by Kenneth Graham. It is a wholesome happy book detailing the adventures and pastime of the simple, wonderful creatures that live by the river. A perfect summer read." Kate Grade 8, Millarville

Karen Whittier





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MILLARVILLE HORTICULTURAL CLUB

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

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

There are no meetings until **Tuesday September 9, 2025**. This will be our potluck so bring something delicious from your garden! 6:30 pm start.

We will be having a Salute to Our Amazing Volunteers.

Our speaker will be Kathleen from the Foothills County who will talk about weeds in our fields and gardens. We need to know this!

The 2025 Christ Church Millarville Flower Festival is July 12 and 13, Saturday and Sunday. Horticultural club members are encouraged to bring cut flowers to decorate the cemetery and arrangements to decorate the church. Please bring these on Friday July 11 after 6pm.

Tea and scones will be served 11 to 3 on Saturday, \$10.

Sunday worship at 10:30 am. All welcome. Or just come and enjoy the decorated cemetery and church all weekend.

Don't forget the Priddis Millarville Fair on August 16 and 17, 2025.

The deadline for entries is August 6. I am sure you have a spectacular vegetable, flower, horse, beef or art that deserves to be shown off! If you would like to volunteer at the fair, contact fair@millarvilleracetrack.ca. Even if it is for a couple hours, we appreciate it!

Thank you to Patty Webb and her garden committee that keeps the gardens at MRAS, Oilfield's hospital and Millarville community school looking fresh and amazing.

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

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CHRIST CHURCH MILLARVILLE'S FLOWER FESTIVAL 2025

Christ Church Millarville's Flower Festival, Saturday July 12 and Sunday July 13, 2025.

Enjoy the beautiful floral arrangements on display in the 1896 heritage Christ Church Anglican Church and Cemetery at Hwy 549 East, Millarville.

On Saturday relax with a cup of tea served with a scone and homemade strawberry jam. Tea is served from 11am to 3 pm.

Cost: \$10 adults
\$5 children 6 and under

On Sunday you are invited to join Christ Church parishioners for the service at 10:30 am.





PRIDDIS COMMUNITY

New Gate - PCA Hall Parking Lot

After many years of trying other avenues to control parking at our community hall, the PCA board has made the decision to install an automatic gate at the entrance to the property. As the hamlet continues to get busier and busier, we believe that this is the best course of action to allow community members to continue to enjoy our amenities and events and ensure that those who rent the hall have access to the parking that they require.

A few notes regarding the logistics of our new gate:

- The gate will be open the majority of the time to allow community members to access the rink, library, bottle donation bins and playground
- If you arrive and the gate is closed, you can still access the bottle donation bins and library from our gravel parking lot off 186 ave W. Please do not leave bottles at the gate

- There will be a pedestrian access beside the new gate to allow community members to access the playground even if the gate is closed
- As is stated on the sign at the entrance to the parking lot, the parking lot is reserved for PCA members and those using the hall. Using the parking lot is done so at your own risk
- If you are leaving a vehicle unattended in our lot, please make sure you have your PCA membership displayed on the dash. If you do not have a copy of your membership, you can email priddisalberta@gmail.com to obtain one
- Please note that the hall is almost fully booked on weekends between now and the middle of September. Expect the gate to be closed and the lot reserved for rentals and events every Friday and Saturday
- Make sure any cars in the lot have been removed by 8pm as the gate will be closed at that time

Respectfully, The Priddis Community Association Board of Directors



LONGVIEW LIBRARY

Marigold has been directed by the Municipal Affairs Public Library Services to remove the Pronunciation Language Learning app. from our e-resources. They are working to find another to replace it.

Lynda has moved the audio books and junior graphic novels to make them more accessible.

We are planning to have the Children's Summer Reading Program again this year. It is called "Everybuddy's Reading" because each child is given a furry soft animal to adopt and to read to over the summer months, reporting to Lynda as they go along.

We will be having our used book sale on Longview Daze, July 19th. and 20th.

New books in are: The Paris Express by Emma Donoghue, The Orphanage by the Lake by Daniel Millar, and The Grey Wolf by Louise Penny.

A long, lazy and lovely summer read is the Josephine Story by Sandra Gulland. It follows the life of Josephine from her childhood to her marriage to Napoleon Bonaparte. It is written in a fictionalized journal format and weaves history and romance in a charming and informative way.

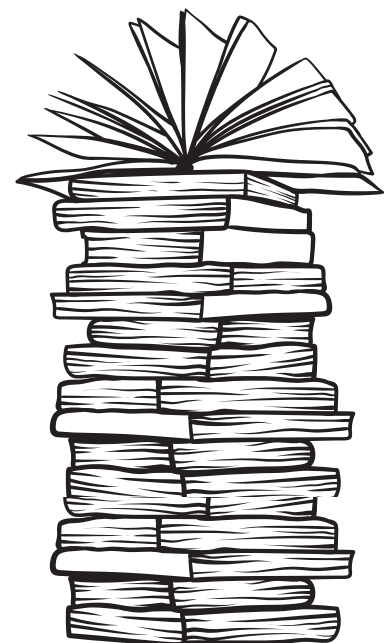
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SHEEP RIVER LIBRARY

We are thrilled that the installation of our solar panels is complete. By the time this goes to print, all inspections should be finalised, and the system will be generating green energy. The money saved on electricity helps pay for programs and special events. We are planning some talks about solar power where the public will be able to come in and see how the system works. Stay tuned for more information.

Are you roughly 29-42 years young? Have you not made a friend outside work in 8 years? Well, maybe you can find some in the library at the Miserable Millennials Bored? Game Night! Meet a group of other people for board games, Nintendo Switch, and/or conversation. Forbidden topics: politics, housing prices, and comparison of the quality of your parent's basement (where you may currently be residing). Encouraged topics: cats, industries millennials are blamed for killing, and movies or TV shows you can't believe came out over 15 years ago. For the first meeting, people who signed up will receive cookies

and juice boxes to celebrate our maturity. For later events, bring your own snacks -sharing optional. Sign up is encouraged so you get a reminder email that you can choose to ignore. Drop-ins welcome as long as you don't ignore us in person. This is an adult only event on the last Friday of the month, starting July 25th. Doors open at 6:30 pm but stop in any time 6:30-8:00 pm. The evening is free, but you will have to leave your house. Facilitators alternate between our wonderful Millennial staff, Teagan and Cheryl.

There is still room in some of the summer camps happening at the library. If your child or grandchild is interested in Art, there are still spots available in Mushroom Kingdom Makers: A Super Mario Art Adventure, July 21-25 for children aged 5-12. For 6-12 year olds, Superheroes and Villains Art Camp takes place August 18-22. The Kananaskis Kids' Choir Camp under the direction of Renee Boehmer takes place July 7-11 with a performance on Friday afternoon for anyone who wants to come and see what they have accomplished. Links to details for all our summer camps are on our website: www.sheepriverlibrary.ca/news

Our Fall program guide will be out in the next issue of the High Country News.

We have many new programs and some old favourites returning. Please register online, in person or by phone to reserve your spot for anything that catches your interest.

Thank you to all who came by the library on Discovery Day to buy books at our used book sale. We enjoyed chatting with long time library users and meeting new ones. It was very successful day with all the proceeds going to fund programs at the library. Leftover books will either be sent on to Better World Books or to a movie company in Calgary to be used for set decoration in movies and TV shows.

If you submitted anonymous questions after the Emergency Preparedness Week events in May, the answers are now published on our website. We've added some more recommended resources to help with planning and prevention, so check them out!

Links to all mentioned programs, events and resources are in this month's news article at www.sheepriverlibrary.ca/news.

Remember, if it gets too hot and smoky, the library has A/C!

The library will be closed July 1 for Canada Day.



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HELLO DIAMOND VALLEY

What a good Parade weekend we had again this year. Thanks to all the volunteers and sponsors that made it such a special time that we all enjoyed. The next celebration is Canada Day, July 1st, Canada's 158th birthday since its confederation in 1867.

Here in Diamond Valley Canada Day is marked by our annual fireworks display. It will be held at Erma Joy Brown Park, located in Black Diamond at 611 3rd St. SW. Bring a lawn chair and your gang, the fireworks will start when it gets dark around 9pm. And to add to the fun of the day, the Dr. Landers Memorial Pool is free admission with a pool party, check the town's website for full details.

The pool is of course open for the summer. You can drop by or visit the town's website for schedules, but they offer drop-in, lessons, aquacize, and private pool parties. The pool is located on Main Street in Turner Valley. Right next door to the pool is the Foothills Lions Spray Park to help cool off the little ones.

July 1st is also the date for the annual Millarville 120th Running of the Races. The event includes Pari Mutual Horse Racing, Ladies Side-Saddle Race, Stock Horse Race, First Nations Relay Race, Beer Gardens, Kids Entertainment, and the Farmer's Market. To get your tickets, go to millarvilleracetrack.com/race-track or call 403-931-3411.

Or you could head south of Longview for the Bar U Ranch's Canada Day celebrations. They will host a flag raising, you could bring a picnic, and say hello to the working ranch's hands and learn about the past and present in this historic ranch. Admission is free on Canada Day!

Just a little south of Black Diamond is the hamlet of Hartell. It is Kids Day at Hartell Homestead on July 12. Kids will be learning and helping with chores on the homestead, such as learning where eggs come from and how cows are raised. They can do some gardening and bring home a

seedling to watch grow all summer. Parents are required to be with their kids, and it's for ages 7-14. Please sign up at the Hartell Store or you can dm them. The event runs from 9-noon.

Another exciting event in our community is the annual High River Ag Society's Battle of the Foothills Chuckwagon Races. The chucks start at 7pm July 24-26 and 4pm on July 27. Lots to see and do during the day, and camping is available. On site are food trucks, vendors, beer gardens, and a Saturday night Cabaret for those 18 and over. To find out more, visit highriverag.com.

Ann and Sandy Cross Conservation Area will be hosting a Stampede BBQ on July 6 from 12-3 at the Old Rothney Farm. Enjoy a western style BBQ lunch and entertainment from Glen Brown and Headin' West. Please reserve by going to info@crossconservation.org or call 403-931-1042. And keep an eye on our own Turner Valley Legion's Facebook page for their annual Stampede Breakfast.

And for something completely different, the Sheep River Library offers a new

monthly program called Miserable Millennials Bored? Game Night! If you are aged approximately 28-42 you are welcome to come along and enjoy games of your liking. The first Game Night is Friday, July 25, for more details, drop by our beautiful library or visit their website.

Lastly, the annual Diamond Valley Car Show is to be held on July 27. I went last year and what a great car show it was, with blocks and blocks of amazing vehicles. I kept saying oh that one's my favorite, until I saw the next one. Entertainment, food trucks, and vendors, and water bowls for your dogs, it's all there so don't miss this amazing show. If you want to register your own car, truck, or bike, registration opens at 8 am with the show running from 10-4, in Black Diamond. All makes and models welcome. For more info, go to DVcarclub.ca.

Any news or events for August please drop me a line at elaine.w@telus.net, before July 15th please.

Happy Summer!

Elaine Wansleebe

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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

The NW Foothills Recreation

Fundraising Campaign is On! Currently, the NWFR Board is raising funds toward a multi-sport field (goal of \$150,000) and park amenities that include a natural playground and picnic shelter (goal of \$100,000) in the Seaman Sports Park, located near the intersection of Highways 549 and 22. We hope the community enjoys this facility while working together towards the next phase of our Park! We invite you to become involved and join us as we begin planning and fundraising. Help us with your tax-deductible donation (receipts available for amounts over \$100). Please complete our donation form and include it with your donation. The donation form is linked to our website page: www.nwfoothillsrec.com/ Photos of the park and diagrams of the proposed projects can be found here: www.facebook.com/NWfoothillsRec

BTW, our Seaman Sports Park features an excellent parking lot that could be more utilized by visitors and cyclists touring the area. Please help spread the word.

Community News: For many Division 4 community associations, Annual General Meeting season is upon us. I look forward to attending meetings and hearing about important topics on the community agendas; such as, FireSmart, emergency planning, repairs, insurance, recreation ideas, planning questions, and more. Foothills County also supports our

community associations across the County with yearly clean-up grants and finances for Stampede Breakfast events or Canada Day events. Look forward to attending these events and want to thank all the volunteers who make this happen. Foothills staff also helps behind the scenes to prepare sites and help on event days. Thank you!

Priddis Municipal Reserve Discussions:

Foothills County is working with Priddis residents to discuss ideas for the use and configuration of options within the Municipal Reserve in the north part of the Hamlet of Priddis. Look forward to interactions with residents and our Parks and Recreation staff to find a potential plan(s) that may appeal to Priddis and area residents.

Interesting Hail Research: During our Calgary Regional Airshed Zone 2025 AGM in June (one of my committees), we learned about a number of important topics related to air quality. On the agenda, we also heard from Dr. Julian Brimelow regarding the Northern Hail Project, happening right here in Alberta, with substantial data gathering occurring in our own backyard in the Foothills, Calgary and "Hail Alley" areas. Research on hail has not occurred here since the 1980's when attention turned to tornado studies instead. Significant gaps in our understanding and knowledge of hail has led to this "renaissance in hail research" focus on our area, also due to the incredible financial losses experienced here in recent years from hail damage. Research measurement activities include hail events, hail sizes, hail properties, fall speeds, urban and rural hail damage surveys, hailstorm environment modeling, and hail hazard and vulnerability modeling. The project is slated for 2022 – 2028. Some stats are now being analyzed to determine if there are any trends or conclusions that could

help with preparation or understanding the hail experience. Western University and their team will be working in Alberta for the next few years on this task. Outcome goals include increased resiliency to hail for all stakeholders, new building codes and more new scientists. You can find out more about their adventure and methods, here: www.uwo.ca/nhp/

Cloud Seeding Questions: Is cloud seeding science in scope in the Northern Hail Project? Apparently not, but it's considered in the overall topic. There were interesting discussions about cloud seeding at the meeting, and in conversations I've had with residents. In my review of numerous articles and studies written about cloud seeding, questions come up about effectiveness of the practice, benefits, the need for conducting more comprehensive studies, the possible effect of more hail dumping elsewhere to protect certain areas, potentially stopping rain further east, and more.

Does the Foothills area receive more hail through the process of cloud seeding to protect other areas? Look forward to this and other questions being answer

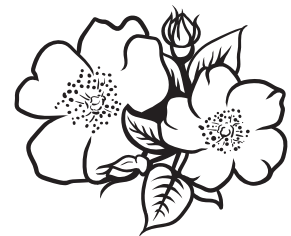
For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

Visit High Country News online for my previous articles.

With Best Regards,
Suzanne



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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Happy Birthday Canada! July 1 is also the 120th running of the Millarville Races!

Air Quality

June has seen a lot of smoky days due to the wildfires. Should the smoke return, it is advisable to stay inside, especially if you have breathing problems.

Learn about the Air Quality Health Index (AQHI) and how you can use it to determine your level of health risk at: www.alberta.ca/air-quality-health-index

Check out the air quality map at: airquality.alberta.ca/map

Highway 22 Road Improvements

The road improvements on Highway 22 south of Highway 549 are nearly done as I write this. Definitely worth the wait!

Foothills County Agricultural Services

Foothills County Agricultural Services is responsible for county roadside vegetation management mainly mowing and brushing. Please be careful passing workers and machinery.

Share the Road

Please be aware of cattle drives on Foothills highways as ranchers begin moving cattle to summer pasture. Of note, cattle drives are expected west on Hwy 549 and Hwy 546.

Also, the movement of farm machinery and equipment is a common occurrence year-round throughout Foothills County.

Be patient and please exercise caution to keep our ranchers and farmers safe!

Millarville Horticultural Club

The Annual plant sale on June 5th was a huge success. As usual, a fantastic selection of plants from the members' gardens and greenhouses. Arlene Visser and I held the rope and after Jan McLean did the count down, we got out of the way quickly. Thanks to Glenda Bruder who corralled the many, many volunteers and kept us on track. Long time organiser, Jill Dakers, is stepping down from that role, but still came to help things run smoothly. A fun time was had by all!

MRAS - Priddis & Millarville Fair

The 118th Priddis & Millarville Fair is coming soon!

Make sure you add these dates to your calendar: Saturday, August 16 and Sunday, August 17, 2025

TIME: 9:00 a.m. to 4:00 p.m.

If you have always wanted to enter the Fair, just check out all the different classes and start planning your entries. You can enter online or print off the form and take it to the MRAS office. Registration for the 2025 Fair entries opens June 1, 2025.

NOTE: Anyone can exhibit but you must pre-register. Go to the online registration at: www.assistexpo.ca/priddis-millarville-fair

For more information the Fair and the Fair Book: www.millarvilleracetrack.com/PRIDDIS-MILLARVILLE-FAIR

Foothills Cemetery

Foothills Cemetery is having an Open House on Thursday, July 10 for the public from 12:30 p.m. to 2:30 p.m.

The Public Unveiling of Valeview will be at 1:00 p.m. followed by the Unveiling of Memorial Walls at 1:30 p.m.

Foothills County Council

The last Foothills County Council meeting before the summer recess will be on Wednesday, July 2. Council meetings will resume on Wednesday, August 27.

If you receive this before July 1, have fun at the Millarville Races!!!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca



Share the Road
Watch for ranchers moving cattle in the Foothills region - be patient and exercise caution!



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With glowing hearts we see thee rise,

The True North strong and free!

From far and wide,

O Canada, we stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

Our national anthem is relatively young. It was not officially proclaimed as our anthem until 1980 even though the lyrics were written back in 1908. Maybe that indicates how slow we are to take pride in our homeland. But that is changing. Thanks to President Trump, there is a nationalism that is stirring from coast to coast. Let's hope and pray that this nationalism is more than a knee jerk reaction to the ruling powers of our neighbors. We need "glowing

hearts" that see our nation as "the true north strong and free."

When contemplating the lyrics of our anthem, I've often asked myself a few questions: "What inspires true patriot love (hearts)?" "What are we guarding?" "What does it mean to live in a land that is strong and free?"

The first question: **What inspires true patriot love?** One of the highlights of my youth was experiencing community harvest. There was one threshing machine shared by five farms. The threshing crews moved from farm to farm until every crop was harvested. We shared the noon and evening meals together. This community activity has made a lasting impact on my life. For nationalism to endure and reach its fullest potential it must be infused with "I will seek your good at my expense." "I will invest in you without making you beholden to me." A mindset that can creep into our thinking (although innocently) can be an over emphasis on our personal self-fulfillment. Although we need be fulfilled in the work that we do, an imbalance on individual rights over corporate responsibility can lead to a narcissistic self-destructive society.

What are we guarding? Although a few months ago there was a feeling we may have to guard our physical border from

the south, one area that we can consider guarding are the laws set into place that enable us to have a relatively free society. For these laws to work, there must be a timeless law that is universally applicable. It cannot be rooted in subjectivism and cultural tradition. It is law that places boundaries on behavior that underlines the value of every individual regardless of race or creed. It places value on the capability and productivity of every person. It is law that places high value on integrity, loyalty, and faithfulness. When these laws are violated or challenged, eventually the very laws intended to keep our society free and prosperous are replaced with rules and regulations that become repressive.

How can we be a nation strong and free? Or I might ask, "What is freedom?" Unfortunately, to many it is the right to self-indulgence. True freedom begins when we are liberated from our narcissistic self-indulgence. John Wesley gave us these liberating words: "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can!"

"God keep our land glorious and free" and I'll see you at the top.

Duane Harder

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GET RIPPED by Jari Love

Sizzle into Summer with Healthy Low-Carb Chicken Kabobs

Summer is the perfect season to fire up the grill, enjoy fresh ingredients, and keep meals light, flavourful, and fitness-friendly. If you're looking for a delicious way to stay on track with your health goals while still enjoying backyard BBQs, chicken kabobs are a must-try. They're quick to prep, easy to customize, and packed with lean protein and fresh veggies—making them ideal for anyone following a low-carb or balanced lifestyle.

Here are two of my favorite low-carb chicken kabob recipes that are bursting with flavour and nutrition.

Mediterranean Herb Chicken Kabobs

Fresh, herby, and zesty—these kabobs are a Mediterranean-inspired win.

Ingredients (Serves 4):

- 1 lb boneless, skinless chicken breast, cut into 1.5" cubes
- 1 medium zucchini, sliced into rounds
- 1 red bell pepper, cut into 1.5" chunks
- 1/2 red onion, cut into wedges
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- Salt & pepper to taste
- Wooden skewers (soak in water 30 min before grilling)

Instructions:

1. In a bowl, whisk together olive oil, lemon juice, garlic, oregano, thyme, salt, and pepper.
2. Add chicken cubes and toss to coat. Marinate for at least 30 minutes (up to 4 hours).
3. Thread chicken and veggies onto skewers, alternating pieces for variety.
4. Preheat grill to medium-high heat. Grill skewers for 10–12 minutes, turning occasionally, until chicken reaches 165°F internally.
5. Serve hot with a side salad or cauliflower rice for a full low-carb meal.

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Nutrition (per serving):

Calories: 260 | Fat: 11g | Protein: 31g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g

Spicy Coconut-Lime Chicken Kabobs

This tropical-inspired kabob has a little kick and a lot of flavour, with healthy fats and bold seasoning.

Ingredients (Serves 4):

- 1 lb boneless, skinless chicken thighs, cut into chunks
- 1 cup unsweetened canned coconut milk
- Juice of 1 lime + 1 tsp lime zest
- 1 tbsp coconut aminos or low-sodium soy sauce
- 1 tsp chili garlic paste (adjust to taste)
- 1/2 tsp ground turmeric
- 1/2 tsp paprika
- 1 small green bell pepper, chopped
- 1/2 small red onion, chopped
- Fresh cilantro for garnish (optional)
- Wooden skewers (soaked if using wood)

Instructions:

1. In a bowl, whisk together coconut milk, lime juice/zest, coconut aminos, chili paste, turmeric, and paprika.
2. Add chicken to the marinade, cover, and refrigerate for at least 2 hours or overnight.

3. Thread marinated chicken and veggies onto skewers.

4. Grill over medium-high heat for about 12–14 minutes, turning occasionally until cooked through.

5. Garnish with cilantro and serve with grilled asparagus or a side of avocado cucumber salad.

Nutrition (per serving):

Calories: 315 | Fat: 18g | Protein: 28g | Carbs: 6g | Fiber: 1g | Net Carbs: 5g

Grilling doesn't have to mean loading up on sugary sauces or high-carb sides. These low-carb chicken kabobs prove that healthy eating can be fresh, flavourful, and incredibly satisfying. Packed with protein and colorful veggies, they'll fuel your summer workouts, support your nutrition goals, and still feel like a treat. Whether you're hosting a backyard BBQ or meal-prepping for the week, these recipes are an easy win.

Stay strong, stay fueled, and enjoy every bite of summer!

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



MORTGAGE MATTERS by Candace Perko

GST Rebate for First-Time Buyers

As of May 27, 2025, a new GST rebate has been tabled by the federal government to help make newly built homes more accessible to Canadians entering the housing market. While full details are still being finalized, the main information released so far includes:

If you are a first-time home buyer, you may be eligible for a FTHB GST Rebate if:

- you buy a new home from a builder;
- you build, or hire someone else to build, a home on land you own or lease; or
- you buy shares of a co-operative housing corporation.

To be considered a “first-time home buyer” for the purposes of the FTHB GST Rebate, an individual would generally need to meet the following conditions:

- be at least 18 years of age;
- be either a Canadian citizen or a permanent resident of Canada; and

- not have lived in a home, whether in or outside Canada, that they owned or that their spouse or common-law partner owned in the calendar year or in the four preceding calendar years.

First-time Buyers purchasing newly built homes would receive:

- A full rebate of the 5% GST on new homes prices up to \$1 million,
- A partial rebate on homes between \$1 million and \$1.5 million,
- No rebate would be available for new homes valued at or above \$1.5 million.

New Homes Purchased from a Builder / Owner-Built Homes / Shares of a Cooperative Housing Corporation

The FTHB GST Rebate would allow an individual to recover up to \$50,000 of the GST (or the federal part of the HST) paid in respect of a new home purchased from a builder / owner built (including on leased land).

To qualify for a FTHB GST Rebate, at least one of the owner-builders would need to be a “first-time home buyer” that is building, or hiring another person to build, the new home for use as their primary place of residence. That individual would also need to be the first individual to occupy the home as a place of residence.

The FTHB GST Rebate would generally be available if:

- the agreement of purchase and sale for the home is entered into with the builder on or after May 27, 2025 and before 2031; and
 - construction of the home begins before 2031 and the home is substantially completed before 2036.
- * A FTHB GST Rebate would not be available in respect of a co-op share if the co-op housing is eligible for the 100% GST rebate for purpose-built rental housing.

Limitations

To ensure that the rebate is available as intended to first-time home buyers after the announcement date, a series of rules would limit the availability of the FTHB GST Rebate in certain circumstances. These rules include the following:

- An individual would not be permitted to claim a FTHB GST Rebate more than once in their lifetime.
- An individual would not be permitted to claim a FTHB GST Rebate if their spouse or common-law partner previously claimed a FTHB GST Rebate.
- If an agreement of purchase and sale for a new home was originally entered into

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before May 27, 2025 and the agreement is subsequently cancelled and a new agreement of purchase and sale is entered into (or the agreement is varied or altered to effect that outcome), the FTHB GST Rebate may be disallowed in respect of the sale of a new home under the new agreement (and would not be allowed in respect of the varied or altered agreement).

This is great news for both the housing market and young Canadians trying to get their foot in the door. It applies whether they're buying a home from a builder, building one themselves, or purchasing in a co-op.

If you or someone you know is thinking about buying their first home, reach out today to find out how this rebate could help.

Candace Perko, Mortgage Broker



BREAKING THE JOURNEY by Andrea Kidd

My toes stretch and wiggle in anticipation! We are going to stay the night at one of the cabins at Barefoot Villas tonight. It's clean and cozy, tiny and tidy and the bed is soft and spacious. We can conveniently cook our own supper in the well equipped kitchen, curl up and relax with a good book, and take a stroll along the lakeshore to watch the sunset before going to bed.

Tomorrow we will drive many miles, fight the traffic in Vancouver and stay in a cheap high rise hotel with city lights, the hum of constant traffic and the roar of jet planes.

Our one-night stay at Barefoot Villas is an oasis on our journey; a Sabbath along the way.

But not every day is filled with excited anticipation. Other days occur more often. Days that are another kind of journey, filled with tasks and expectations. On those days I need to be intentional. I need to take a break. I need to take a Sabbath along the way.

So, I breathe deeply, look up and find three things I am grateful for. It's not difficult. I am glad for warm shower water coursing down my body, the tasty tang of strawberries on my breakfast cereal, a job completed, the scent of my lemongrass soap in the bathroom, the caressing fur of my cat as he rubs against my leg, enough money to pay the bills.

Oh! That's more than three! Never mind!

When I am working through my day, my mind gets tired and my body fatigued. I need to take a break. I stretch and flex; it's a mini-Sabbath along the way. My soul gets thirsty and my emotions get frazzled. I stop and remember what my heavenly Father says: 'Be still, and know that I am God!' Another break in the day's journey!

As the day continues and the days keep succeeding one another, as automatic as breathing, the pauses occur. More is accomplished. Life is more settled. Peace reigns more often.

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



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PROTECT YOUR IDEAS

by Bill Stemp

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

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

DATE OF FILING VERSUS DATE OF INVENTION - PRIORITY DATE

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

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

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

The danger of this ties in the possibility of someone else having filed for patent protection for a similar invention in one or more of those foreign countries and as a result, that individual becomes the “first to file” and your application may be

unsuccessful only as a result of not having filed within this twelve month period.

SALES OF YOUR INVENTION BEFORE FILING YOUR FIRST PATENT APPLICATION

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

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

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

Although the law in Canada and the United States allows for a one year “grace period” (i.e. a maximum of one year may lapse between the date of your first disclosure, display or sale of your product), this “grace period” is often interpreted in a dangerous fashion. Many people think that the grace period allows them to sell for several months as long as they get their application filed within one year from the date that they first sold the product or displayed it publicly. This is dangerous for two reasons:

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

NEED TO HAVE A PATENT SEARCH CONDUCTED

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

1. You may have been infringing upon someone else’s patent without realizing it;

2. You may incur substantial cost and expense in manufacturing your product only to find that all of your profits and inventory are confiscated in an infringement lawsuit;

3. You invest a great deal of time and money pursuing what you believe to be your invention, only to later learn that it is not really “your invention” at all, but in fact has been invented by someone else already;

4. By having a patent search conducted first, you can determine what the Patent Office has allowed in the past and you are often able to think of ways that you could improve upon your product to make it more likely to be patented and also to improve upon the product itself.

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

INTERNATIONAL PATENT APPLICATION

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

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

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

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We are just in the process of finalizing all of our entries to the provincial games. So far, we have one hundred and forty registrations and hope to get a few more before the deadline which is fast approaching. Almost half of those entries come from Foothills and Rockyview Counties so we have a very good representation from our two areas. Right now, Zone 2 has about 370 members which encompasses people from Oyen to Banff and from Olds to Cayley, excluding the City of Calgary, which is Zone 3. Alberta 55 Plus promotes sports and recreational development of people who are 55+ and

sponsors activities to support physical and mental health and promotes social benefits for a better quality of life. Next year is an off year with no big games, but there will be a few stand-alone provincial events. We hope to have a lot of fun games all over the zone to promote our over thirty sports and leisure activities and attract more members. In 2027 there will be Winter Games in Grande Prairie and Summer Games in Fort McMurray leading to Canada Games in Winnipeg in 2028. If you are over 55 years old, consider joining our organization and participating in the many varied activities. For a complete list of what we have to offer go to alberta55plus.ca.



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HALL: WHEN YOU LEAVE A FOREST TO BURN, IT WILL EVENTUALLY BURN TO ASHES

At a recent fireside chat in Canmore, former Western Forest Products CEO Rick Doman sat down to talk sustainable forest management, and how Canada is lagging behind on genuine solutions to reducing wildfire impact.

Rick Doman knows timber. And there in Canmore, he walked the audience through the last 30 years of forest management in BC and Alberta.

What you need to know essentially, is that when Mountain Pine Beetle infestations intensified in North-East BC in the 1990's, forestry companies applied to harvest the affected areas and form a ring around hot zones, to stop outbreaks from spreading.

But, environmental groups, in their infinite wisdom, decided that cutting down any trees was a terrible idea and effectively protested against this forest management technique.

As we know now, more than half of the commercial pine trees in BC have been destroyed. Millions of hectares across BC, Alberta, and Saskatchewan have been utterly laid waste. And, because of successful advocacy against proper forest management and appropriate resource extraction, annual fires are getting worse.

Doman explains: "When a pine beetle attacks a tree, it slowly kills it over 10 to 12 years. During that time it is still an economical resource. But afterwards it becomes a standing matchbox."

Rather than taking a proactive approach, governments (provincially in BC and federally in Ottawa) decided to ignore the pine beetle plight and push the problem

down the road. Unfortunately, last summer the issue came to a head in Jasper, with the largest fire in town history destroying over a third of buildings.

"Jasper should have been stopped, but it wasn't," Doman explains. Because of a refusal to remove the dead trees infected by pine beetles, Jasper and the surrounding area became essentially a large wildfire region ready to burn if impacted by lightning strikes or other challenges that cause wildfires.

"The solution is harvesting dead and at-risk trees, and not impacting wildlife." This way, fire hazards are removed, pine beetle spread is limited, and local communities can use the deadwood for projects like biomass power and heat plants, greenhouse production.

In addition to reducing the impact of wildfires, sustainable forest management is good for the economy.

Dozens of mills have closed since the pine beetle outbreak started. Doman reiterates that over the past few decades, 47 mills have gone and with them, the loss of 50,000 direct and indirect jobs in BC. Governments that allow for science-based timber harvest will see reduced deadfall, plant more trees, create more jobs, and receive greater tax revenue.

Generally, a logging company will implement a "3 for 1" rule, whereby three new trees are planted for every one harvested. These new trees are excellent carbon sinks, as every tree while growing absorbs one tonne of carbon dioxide per year. Another forestry practice to consider is thinning, where overly dense areas are cleared out, allowing for more room for the remaining trees, leading to a much healthier forest.

In Scandinavia, particularly Sweden and neighbouring Finland, sustainable forestry management is standard practice, with forestry assets increasing by 50 percent or more in the past 100 years in Sweden alone.

These countries recognize the incredible benefits of proper forest management, and have heavily invested in the value-added timber industries of pulp, paper, finished wood products, and biomass energy. Unlike most governments here, the Nordic nations understand what forest management is and the use of natural resources brings prosperity to the people, revenue for government programs, and a better environment.

Currently, our country sits at a crossroads. In 2023, 18.5 million hectares of land burned.

But imagine if we had proactive investments in sustainable forest managements, whereby the wood resource was extracted at a sustainable pace and while simultaneously building a resilient and healthy environment. A ramp-up of logging would go a long way in addressing dramatic homebuilding shortage, as the 250,000 total housing units constructed in 2024 is only half of what is needed to catch up to housing affordability.

Maintaining the status quo will not cut it anymore. Ignoring the benefits of an increased forestry industry will make the country poorer and save no trees in the long run.

"Canada has a choice," Doman concludes. "We can do what Sweden and Finland have done, take proactive measures to thin forests, improve harvest capacity, increase carbon dioxide absorption, and get into value added industries to improve forest health and build our economy, or we can stick our head in the sand and continue to allow our forests to burn down."

May we all pray the decision makers in Victoria, Edmonton, and Ottawa make their choice the right one.

Conner Hall is an engineer who works in Calgary's energy sector.



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OUT OF THE RUT Chapter 179

Someone asked me last week;

"How do you avoid getting bored?"

"Bored of what?" I replied.

I momentarily dwelt in a state of mild flabbergastation. I can't actually wrap my head around the concept of boredom. Other than being forced to watch purile TV or what passes for 'entertainment' on some platforms, there is little that bores me. Even forced into situations where I'm subjected to abovementioned input, there's always my head. I can retreat inside and wander at will, traveling oceans, skies, times and histories with unlimited permutations.

I write reams of conversations in my head, most often with myself. I revisit things I've done and plot ways in which to do them better next time. I plan my next equine interaction and muse on the successes and failures of previous conversations. I plan marketing and management for the mayhem that is Fantuzzi on the road, permanently provoking magic and mysteriously conjuring confusion and delight wherever he goes. There is always something to be done there.

I think about my good friends, those needing help, making mental notes to reach out, connect, make sure they know I'm still here. I think much on my parents and the times we have together, the times we spend far apart. I thank all the gods and goddesses, the little fishes and the great universes that whirl, that brought us to this unique aggregation of genes, hormones, chemical signals and bizarre coincidences that we call our lives. It's good, as the man says, to be alive.

I breathe in the fresh, clear air...or hold my breath when smoke drifts south and smothers our landscape. I worry about the



prospect of fires close to home and how those directly affected are coping in their time of dire need and soul-wrenching drama.

I practice my music and my art; creating, changing, butting up against the walls of frustration to peel them down piece by piece, rebuilding other creations, changing again.

I clean house. Literally. Today I pulled all fly screens and scrubbed and cleaned them, polished every glass surface inside the house in preparation for those more youthful and nimble to leap about on long ladders cleaning the exteriors, evacuating guttering to allow the intermittent sudden rain to run freely where it should. I planted flowers, herbs, a little salad to be pulled direct from earth to lips, a treat like no other. I planted perennials which, in my gardening fashion relying mainly on neglect, may thrive or not. They may become prey to the deer, who last I saw building big bellies full of new fawns, bursting with new life to admire in the days to come.

Above, sky and tall trees are full of sounds of insects and birds. Calls, songs, chirrups and cheeps entertain me. Sometimes I may be seen head thrown back, squinting into the trees, attempting to pinpoint the source of these sounds.

Yesterday I watched the maddened assault by a crowd of red-winged blackbirds

fearlessly swooping and wheeling about a raven which was determined to empty small nests and ruthlessly eliminate the lives of little chicks/maturing eggs. The swamp reeds were full of blackbirds, a pair of ravens seemed largely unperturbed by the defensive army, but eventually retreated in the face of unrelenting torment. The air roiled with the angry chinks and shouts of the blackbirds, peace finally returning to the usually tranquil scene of water, golden reeds, brilliant greens of leaves on trees both short and tall. I hope the small birds succeed in their reproductive journey.

And now, it's time to once again sally forth to work with the horses, doctoring one who's leg wound has been long in healing, practicing the bodywork that has them sinking into a state of softness and relaxation, a letting go, a connection, a freeing of movement in body and mind. Then there's the chance to ride my youngster who yesterday gave me such joy in quiet successes that I drive slowly home in an euphoric cloud of satisfaction.

Boredom, what is that?

Look once, look twice,

Listen,

Wait,

Wonder.

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CANADA GOOSE by Laura Griffin

Happy Canada Day. There is one bird who sports their Canadian identity with pride more than any other: the Canada Goose. Now seen in abundance across North America, and considered a pest in some European countries where it was introduced, this patriotic animal was once on the brink of extinction before the 1916 Migratory Birds Convention between Canada and the USA. Not only did this convention help put in place protocol to protect necessary wetland habitat for the goose, it also coincided with the urbanization of much of our landscape. Turns out the herbivore Canada Goose thrive where humans chop down forests to make space for flat grass filled suburbs and cereal crop agriculture.

The distinguishable black mask of the long neck and head, with its white chin strap like a hockey helmet strap atop a big grey-brown body might seem instantly recognizable. However, there are actually seven subspecies of Canada Goose, and four Cackling Goose subspecies that all carry this look. All eleven strike fear into

the hearts of wary humans who may have strayed too close to a nest at one point in their life. One of my most frightening wildlife encounters was while I was riding a bike in Fishcreek Provincial Park as a teenager. Two Canada Geese flew over my head in a tumbling mass of feathers and honks landing in front of my bike on the path to finish their territorial dispute. I slammed on my brakes and watched stunned by the ferocity of the fight unfolding 4 meters in front of me. One managed to free itself finally and flew off hurriedly whilst its loosed feathers were flung off with every flap. The victor turned its attention to me. It spread its wings wide arched its neck and hissed menacingly. I was in a face off with the mighty "Cobra Chicken" and the only thing I could think of to do was say how profusely sorry I was out loud. Perhaps this Canadian trope saved me that day as the goose (or more likely male gander) seemed satisfied and left.

I take a lesson of loyalty from the Canada Goose. They tend to pair with a mate as a yearling and remain steadfast to this bonded relationship until separated by death. There are stories of geese remaining with their injured mate until they pass during a migration. But this loyalty extends beyond their mate. They prefer to return to the same nest sites year after year. They also show a preference to use the same nesting

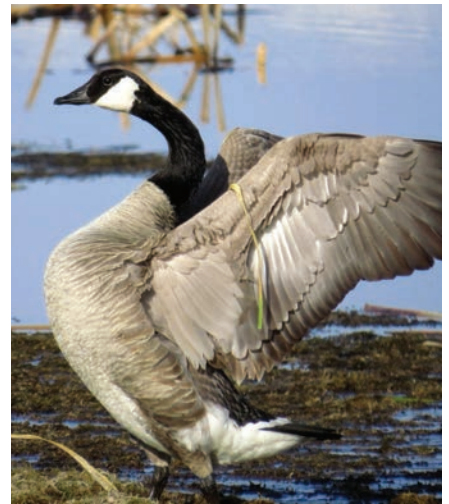


Photo by Jackie Sills

material and nest foundation. If something is working why change it?

The Canada Goose stands out amongst their waterfowl peers as having the greatest diversity of nest sites than any other species. Whether they raise their young in marshes, on cliffs, elevated platforms, muskegs, islands or tundra the versatile Canada Goose finds a way to make it work for their family, and still proudly defends its territory from outside threats. A wonderful representation of this beautiful country's diversity and resilience.



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KIDS ZONE

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

WORD SEARCH

The Month of July

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GIFTED ASSESSMENTS

WHAT DOES GIFTEDNESS MEAN?

Ever thought your child might be gifted and wondered what a formal assessment would reveal? For students in kindergarten to Gr. 12, Alberta Education defines Gifted And Talented as "exceptional potential and/or performance across a wide range of abilities in one or more of the following areas: general intellectual ability, specific academic, creative thinking, social, musical, artistic and kinesthetic."

WHAT ARE THE MAIN ASSESSMENTS USED?

A psycho-educational assessment using multiple sources of information is conducted by a registered psychologist to assess the intellectual and academic aspects of this definition. Specialized testing is required and depending on the age of your child, typical tests used are the WPPSI-IV, WISC-V, WAIS-IV, Woodcock-Johnson IV, Stanford-Binet V, WIAT-III, KTEA III or Canadian Cognitive Abilities test. Giftedness is relatively rare in the general population, with only approximately 2% of the general population having a Full Scale IQ or GAI score at or above 130 to be considered intellectually gifted.

ARE THERE SPECIAL PROGRAMS?

While most intellectually gifted students are provided enrichment in the context of their regular school programs, many parents are interested in applying for special programs i.e. GATE program. These programs consider multiple criteria during the intake process and focus on making learning content more abstract, complex, interrelated or even constrained.

Together with flexible pacing, the goal is to more deeply engage gifted students and maximize their learning potential.

IS THERE A LEARNER PROFILE?

Each person is different with a set of unique abilities, needs, interests and learning preferences. However, there are some general characteristics and developmental issues that are associated with giftedness and have implications for learning.

Typical intellectual characteristics may include:

- Advanced intellectual achievement
- High motivation and interest

- Verbal proficiency
- Excellent problem-solving ability
- Very good logical and "out-of-the-box" thinking
- Great creativity

WHAT IS TWICE-EXCEPTIONAL?

Gifted students are asynchronous in their development. It is possible for children to be both intellectually gifted and have a learning disorder and/or ADHD. If you suspect that your child is particularly bright, but is otherwise struggling with academic performance as opposed to achievement, then a comprehensive psychoeducational assessment would

be required to determine the root cause of their academic difficulties. A Personal Development Plan (PDP) will support both their exceptional strengths and their exceptional needs.

Sources:

Alberta Learning (2012). Teaching students who are gifted and talented. Edmonton, AB.

Silverman, L. K. (2013). How to use the new IQ tests in selecting gifted students. Boulder, CO.

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SUPER POLE for bathroom. one pair under fridge roller set. Phone Ross @ 403 8150562

NOTICE TO CREDITORS AND CLAIMANTS

ESTATE OF ROY JOHN DE HAAS WHO DIED ON 2025-03-27

If you have a claim against this estate, you must file your claim by: 2025-09-02 with Lindsey Louro TEP at
300, 14505 Bannister Road SE, Calgary AB T2X 3J3

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

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