

HIGH COUNTRY *News*

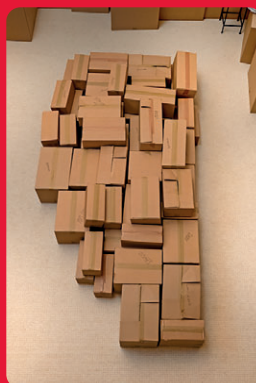
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IN THIS ISSUE...

Communities:

Springbank.....	7
Bragg Creek / Redwood Meadows.....	14/20
Millarville / Red Deer Lake	26/28
Square Butte / Priddis	28/29
Diamond Valley / Longview	30/32

Articles:

From the Editor	4
Artist Profile	4
Councillor's Update <i>Don Kochan</i>	6
Rocky View School Board Trustee Report <i>Joanna Brownlee</i>	8
Councillor's Update <i>Kevin Hanson</i>	9
MLA Update Banff-Kananskis <i>Sarah Elmeligi</i>	10
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	12
Make Your Mark <i>Mark Kamachi</i>	13
Bragg Creek Physiotherapy.....	15
High Country Rural Crime Watch.....	25
Councillor's Update <i>Suzanne Oel</i>	29
Councillor's Update <i>Laura Kendall</i>	33

Lifestyle:

Duane Harder.....	34
Stephanie Gilker.....	37
Get Ripped <i>Jari Love</i>	38
Mortgage Matters <i>Candace Perko</i>	40
Bill Stemp	41
Andrea Kidd	42
Out of the Rut <i>Kat Dancer</i>	43
Laura Griffin	44
Kids Zone	45
Roché Herbst.....	46
Classifieds.....	47
Business Directory	Back Cover

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LETTER FROM THE EDITOR

Happy Canada Day!

We often think that what makes a nation great is its freedoms, or the beauty of its landscape. We can think of our cultural heritage or poutine! I recently heard that the civility of a nation is judged by how it cares for its most vulnerable. I hadn't heard or considered that before, but it made sense. The statement really made me stop and ponder. We can take for granted our health and vitality. There are the unexpected impacts of sickness, accidents, or discovering issues that we've inherited through our genetics. Although far from perfect, our country has invested heavily into the care of its people. We live in a society that desires to make room for the broken and marginalized. This is one of the aspects that makes Canada such a beautiful place.

Our rural communities are wonderful places to experience life. As we celebrate Canada, beyond the exploits of our national heroes, the creativity of our artists, or the beauty of our landscapes, hopefully



*A Canadian Family - May 12
Photo submitted by Julie Barnden*

we can remember that what can really make us a great nation, is our ability to stand with the broken and marginalized and extend a caring hand.

We have a full paper and trust that you'll enjoy the read. There are several events happening throughout our communities this month so be sure to check our events calendar to see what's in your area.

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

*From my family to yours,
Lowell Harder*

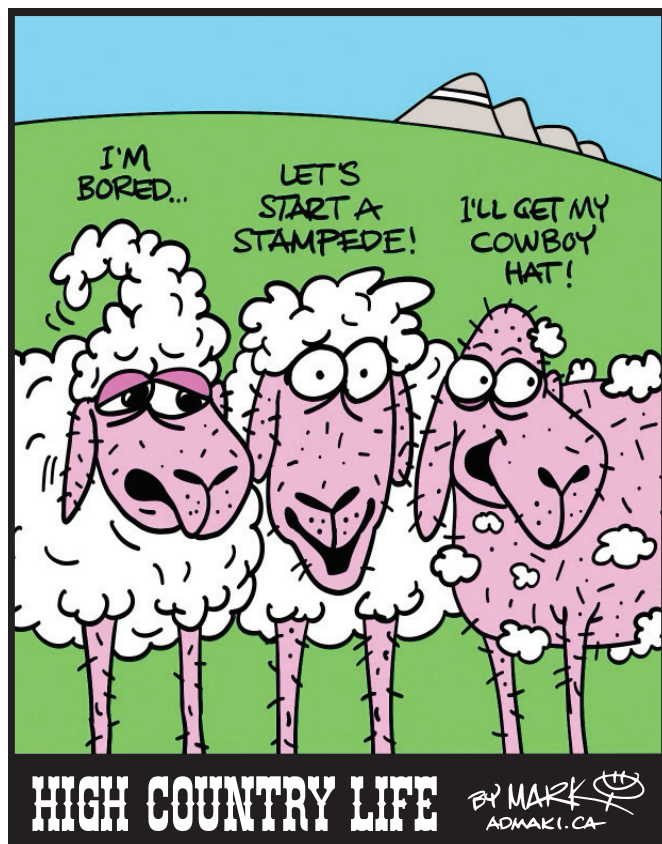


COVER ARTIST PROFILE

Elaine Stringer, Artist: Drawing and painting are for me, the way to express my feelings, and to capture moments of life that otherwise, would be forgotten. It is the way to remember that even if there are sometimes "black and white moments", life still exhibits all the colour of the rainbow... it depends on how we choose to see it.

Born in St-Jean, Quebec, I resided there for thirty two years. I moved to Calgary in 1993. I studied drawing for four years, oil painting for one year and watercolours for three. In 1998, a journey brought me to Neckargemund, Germany, where I studied watercolours with Vefa Koleman, a well known European artist. I have exhibited my work since 1988. My interest is in a mixture of watercolour and ink. Acrylic is also a favourite medium where personages, landscapes, villages and metropolitan sceneries come to life.

I enjoy being part of the Crabapple Cottage Team and was delighted to be commissioned to paint "The Stringer", as an exterior landscape of The Cottage.





LETTER TO THE EDITOR

Thank You Foothills

On May 4th my adult daughter was pulling our horse trailer with two of her show horses with our heavy truck. As the road was soft at one point, it pulled a back trailer tyre and caused both the horse trailer and the truck to roll over twice. Her father was following behind her, and so he was the first on the scene. My daughter was able to crawl out of the truck, and of course her concern was her showjumping horses. Within minutes there were the RCMP, a vet, my daughter's coach and his wife from Legacy Farms, my daughter's boyfriend, a couple of cowboys, All-Rite Towing, and neighbours. As I heard this story from my husband after the event, I could not be more impressed with the care and concern and safety shown by all present to make sure that my daughter and the horses were okay. Even when I came upon the accident an hour later, the RCMP and All-Rite Towing were still on site. The RCMP were gracious to me as I was highly concerned on my way to see my daughter. She was at the Oilfields General Hospital, and her care was excellent. The horses went to Moore and Company north of Calgary, care of Legacy Farms, and the horses were well-tended to as well. It was in those crisis moments that your community came together to assist my daughter, my husband, and our prize horses. Because of the great care and combined expertise, both my daughter and our horses survived this terrible rollover. The truck and trailer are another issue, but those items can be replaced.

To those people who showed up, even though I may not know your names, I am thankful every day for people like yourselves who came together for my daughter and our horses. You have amazing people in the Foothills area!

Sincerely,
Susan Grant-Suttie

See another letter to the editor
featured on page 35

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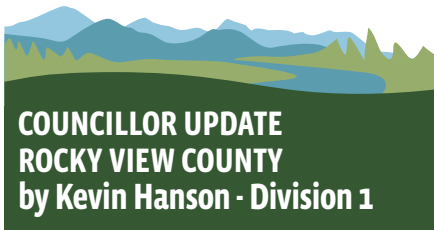
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COUNCILLOR UPDATE ROCKY VIEW COUNTY by Kevin Hanson - Division 1

Quick Bits

Council's June 10 Recreation Governance Committee approved \$47,615 toward the Roof Ice Risk Mitigation project at the Bragg Creek Community Centre, about half the total capital cost. Operating grants also went to Bragg Creek's Historical Society, Artisans Society, Performing Arts Society, Trails Association, and Wild Society.

Later that evening I attended RVC's open house for Draft 2 of the Bragg Creek Area Structure Plan. Turnout was excellent. I could not quietly eavesdrop at the staff stations, as several residents kept me busy in conversation.

Division 1 Survey Feedback

Rocky View's 2026 citizen survey was conducted in February and March across the whole County. Overall, 1,489 residents responded from all divisions. Division 1 had 235 responses, the highest of any division. Thank you to everyone who participated.

I want to do a deeper dive on one question. In Division 1, 31% said the County / Council is moving in the right direction, 42% were unsure, and 27% said wrong direction.

I believe that split matters. Comments from the 27% of Division 1 respondents who selected "wrong direction" should be carefully considered but not treated as the only view in Division 1. The larger "unsure" result may be just as important, because it shows many residents are still deciding whether they trust the direction, process, or outcomes.

I am not reading every comment as being about Bragg Creek. Many are, especially around hamlet growth, servicing, seniors housing, and the Area Structure Plan. But taxes, service levels, fire protection, hydrants, Elbow Valley West, Springbank country residential development, road maintenance, policing, recreation pressure, and follow-through are all part of the wider Division 1 picture.

Among the 56ish Division 1 verbatim comments attached to "wrong-direction" responses, the following overlapping themes emerged - See table.

The key development takeaway is that residents are not uniformly pro-development or anti-development.

THEME	APPROX # COMMENTS	RESIDENT CONCERN
Growth / character	29	Too much, too little, or wrong kind
Consultation / trust	16	Input heard and reflected on / used
Infrastructure / servicing	15	Water, wastewater, roads, sidewalks, internet, hydrants
Local attention	13	Smaller areas want follow-through
Taxes / value	12	Rising costs need visible value
Red tape / execution	9	Slow approvals frustrate both sides
Environment / rural character	8	Wildlife, wetlands, quiet enjoyment
Emergency access	7	Wildfire evacuation and road safety
Governance/representation	6	Accountability and local voice
Shared-responsibility issues	5	Healthcare, policing, provincial roads, Kananaskis pressure

Among "wrong-direction" comments related to development, the split was almost even. Roughly half expressed frustration that we are under-developing: projects delayed, housing options limited, businesses constrained, utilities unresolved, and improvements not arriving quickly enough. The other half warned against over-development, or development without enough thoughtful planning, servicing, environmental protection, or respect for local character. We did not collect similar open-ended feedback from the remaining 73%, so I have to interpret the verbatim views cautiously.

From a resident point of view, these themes are connected. Housing, tourism, taxes, trails, and recreation pressure quickly become questions about water, wastewater, roads, fire protection, parking, emergency access, service levels, jurisdiction, cost, and local impacts.

Some concerns tie back to the Bragg Creek ASP. Some tie back to the Springbank ASP. Some belong to the County as a whole, the

Province, third-party groups, or regional pressures. Residents still experience those issues locally, so the frustration is real even when jurisdiction is complicated.

For me, the practical path forward is to keep connecting the dots. Planning, servicing, roads, taxation, emergency access, environmental protection, and public trust cannot be treated as separate conversations. Residents need to see what is proposed, what is not proposed, where County authority ends, how we are advocating, and how public feedback changed the work.

Bragg Creek and the rest of Division 1 are not standing still. Growth should not be treated as a sterile planning exercise detached from character, safety, servicing, taxation, environment, and trust. The goal is a plan residents can recognize as careful, coherent, and locally grounded, even when they disagree with parts of it.

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We are turning 40 this year! Save the date! On Sunday, September 20th we will host our 40th Anniversary Celebration from 11:30 am - 3:00 pm. We are located at 244168 Range Road 33, and online at www.springbankheritageclub.com. New members are always welcome!

Did you know the Springbank Heritage Club is not just a place to vote during election time? Our club is a terrific place to find new friendships and create connections with our community. We support a healthy lifestyle for our members. The club is active, welcoming and evolving. Our members create programs and experiences together. There are opportunities for social connection and purpose – all built on the spirit of club volunteering.

Our vision is to be a dynamic and inclusive club where people 50+ build friendships, stay active and volunteer – to create experiences that shape and forge a vibrant, united community.

Annual membership is only \$50. Each month members enjoy regularly scheduled activities:

- Mondays for Fitness Class and Pickleball
- Tuesdays for Games/ Pool, Singing, and monthly Potluck
- Wednesdays for Fitness Class, Crafts, and monthly Trivia Night (next on May 13th)
- Thursdays for Pickleball and Sewing
- Fridays for Fitness Class, monthly Book Club, and Pool/ Billiards

Please note the following groups will not be meeting in July/ August:

- The Fall exercise classes session will run for 12 weeks, starting on Monday September 14, Wednesday September 16 and Friday September 18. Registration and pricing details will be posted in the July/ August newsletter.
- Singing group will start again on September 8th.
- Page Turners book club will take a break during July and August and will start again on September 11th.



A TRIBUTE TO RALPH STAMPEDE BBQ

TUESDAY, JULY 7, 2026

6 – 9 PM @ Springbank Heritage Club
244168 Range Rd 33, Calgary

Live music provided by The Bow Valley Boys.
Beer tasting courtesy of Cowboy Trail Brewery.

Tickets

(Number of tickets are limited)

\$50
(beverage cost not included)

\$350
for a table of 8



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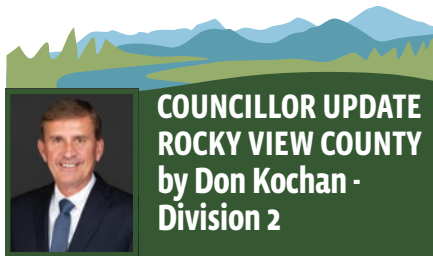
United Conservatives
Alberta Strong & Free

d. There will be no potluck in July and August and will resume on September 22nd.

All other activities and groups will continue throughout summer based on availability of members.

Ready to join us?

You can sign up at the club or by emailing springbankhc@telus.net.



RVC Division 2 news items for your information:

Springbank Trail and Pathways Association (STAPA) - STAPA is a grassroots, volunteer group of Springbank residents that are trying to make our community more livable through trails and pathways, and access to our beautiful natural areas, to encourage safe recreational and commuting alternatives.

A potential pathway connection between Cochrane and Bragg Creek may be considered as part of county-wide strategic planning for pathways, including future master planning initiatives.

Rocky View County (RVC) is recognizing the value of establishing clear roles, expectations, and areas of cooperation through a Memorandum of Understanding (MOU) with STAPA to support STAPA by providing information required to study the feasibility of a pathway connection between Cochrane and Bragg Creek.

The County supports collaboration and coordination with the Government of Alberta, Town of Cochrane, the development industry, and other interested

parties in this study. STAPA will provide the County with information, results, and data collected through its study work.

People can find out more at springbankpathways.ca.

RR33 Interchange – Construction of both stages is underway and to help mitigate impacts during construction, the contractor is operating under an approved Traffic Accommodation Strategy designed to maintain safety and manage traffic through the work zone. That said, some delays and congestion are unfortunately unavoidable for a project of this scale.

The overall project is currently anticipated to reach substantial completion by fall 2027. However, Township Road 250 improvements including the new roundabout at Range Road 33 are expected to be completed later this year, which should begin to alleviate the current congestion issues.

SPRING TREE CARE - As the long winter cold and frost retreat and the first signs of spring emerge, trees and shrubs awaken from their dormant state, ready to burst into vibrant life. Spring is a crucial season for tree care, offering a unique opportunity to support their growth, health, and resilience throughout the coming months. Click here for tips on spring tree and shrub care.

Rocky View County Fire Master Plan - RVC is asking residents to help shape the future of local fire protection through input on a new fire master plan and broader fire policy framework. The fire master plan will act as a long-term roadmap for fire service delivery across the County, outlining future service levels, response expectations and infrastructure needs. It forms part of a wider fire policy framework designed to consolidate fire-related policies, plans and procedures into a single coordinated approach.

The framework is intended to guide how fire services are planned, funded, resourced and governed, while also integrating fire protection considerations into planning, growth management, budgeting and long-term decision-making. Key elements of the fire policy framework include the fire master plan, a proposed fire offsite levy bylaw, standard of cover, updates to the fire services bylaw, municipal development plan amendments and updates to the County's growth and fiscal impact model. The County is seeking feedback on several areas, including the proposed vision and goals of the fire master plan, potential triggers for service level reviews, the proposed approach to a fire offsite levy bylaw, current and future service levels, and community risk profiles.

Happy Seniors' Week

Thank you, seniors, for your important contributions to our province and country.

WILLIAM STEVENSON MP
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6TH ANNUAL RESIDENTS' DAY

Bring your family and friends and join us for **Residents' Day** – a chance to connect with your community and celebrate the summer!

JULY 22
10 A.M. - 2 P.M.
COUNTY HALL

Enjoy complimentary breakfast, local vendors, children's activities, a petting zoo, bouncy houses, and interactive displays featuring County services, emergency services vehicles and equipment. Meet County staff, learn about local services, and connect with fellow residents from across Rocky View County.

ROCKY VIEW COUNTY

Residents can provide input through an online survey available until July 24, 2026. To take the survey visit Fire Services Master Plan | Your View. Open houses are planned in the division 2 vicinity on June 23: Bragg Creek Community Centre (4:00–6:30 p.m.) and July 18: Springbank Heritage Club, Calgary (2:00–4:30 p.m.).

Weed Spraying – Weed spraying for noxious weeds will be undertaken this summer in Division 2 along roadsides and MR's.

Road Updates - Residents across Rocky View County now have a centralized, reliable online resource for road closure, traffic disruption, and special event information. RVC has launched a Road Updates webpage at rockyview.ca/services/roads-and-transportation/road-updates. Prior to this initiative, road and traffic information was not consolidated anywhere on the County website, leaving residents to contact the County directly or go without timely updates. The new page features an interactive map that visually identifies impacted locations across the County, allowing residents to understand potential travel impacts and plan accordingly. The project was developed collaboratively with Transportation Services to ensure the webpage meets operational needs while improving public access to timely and accurate information.

Don Kochan - Division 2 Councillor
kochandiv2@gmail.com



The Board approved the 2026/27 operating budget, reaffirming its commitment to strong stewardship, financial sustainability and high-quality learning environments for more than 29,925 students. The \$385.7 million budget prioritizes directing the majority of resources into classrooms, ensuring students receive the supports they need for learning, well-being and success, while also maintaining safe, effective facilities and services. Approximately 87 per cent of instructional funding will go directly to schools, with the remainder supporting essential system-wide learning services such as curriculum implementation, mental health supports, Indigenous education and technology. The budget includes an expected additional 115 teaching staff, bringing the total to approximately 1,603 teachers and school administrators.

With the end of this school year, the previous boards strategic plan will reach

its expiration date. This means that over the last few months The Board have been working to develop a new strategic plan. This plan will set priorities and support student success over the 2026–2030 school years. An online survey was open from Feb. 23 to March 9, and gathered input from students, staff, parents and community partners through a series of open-ended questions designed to understand their hopes for children's education and school experience. RVS received 1,921 survey responses amounting to more than 400 pages of comments, which provide valuable insight into community priorities, challenges and opportunities. Feedback has been analyzed and key themes identified to inform the next phase of development of the Strategic Plan. A summary of the feedback is posted on RVS engage. The Board is currently using this input to draft strategic priorities and outcomes. Additional public feedback on the draft plan was sought beginning April 27 and final approval of the 2026–2030 Strategic Plan is anticipated in June.

In response to the Government of Alberta's decision to hold a province wide referendum on Oct. 19, 2026, which requires the use of schools as polling stations, the Board approved an amendment to the 2026/27 school calendar. To minimize disruption to student learning, maintain safety and support operational requirements, the Board approved moving a scheduled professional learning day from Oct. 9 to Oct. 19, making it a non-instructional day for students while preserving overall instructional time.



Summer is well on its way in Alberta, bringing with it long evenings, mountain air that feels a little fresher, and the familiar pride that comes with gathering to celebrate Canada Day. In communities across our province—especially here, where the landscape itself reminds us how fortunate we are—this season is usually about connection: barbecues, festivals, and a shared appreciation for the place we call home.

This year, however, that unity and sense of togetherness is being tested.

On October 19, Albertans will be asked to weigh in on a series of referendum questions, ten in total, including one that raises the possibility of Alberta separating from Canada. When I ran for MLA, I never thought I would need to fight for my country in this way.

Over the past several months, residents have been reaching out with questions. For anyone seeking clear, up-to-date information about voting and the referendum process itself, Elections Alberta remains the best source. You can find detailed guidance on their website: Referendum - Elections Alberta.

How did we get here?

I've lived in Alberta my whole life and I, too, sometimes feel like our potential

is overlooked or underestimated by the Federal Government. While I understand the grievances that are the foundation of the separatist sentiment, I think we are stronger when we work together to build a better Canada and a better Alberta. Separation, even as an idea, doesn't and isn't serving Albertans or our great province.

There are already concerns that even holding such a vote creates uncertainty for investors and businesses, affecting jobs and economic stability across the province. Some estimate that we've already lost billions in economic investment due to this uncertainty. More broadly, it raises questions about Alberta's place in Canada and what the future could look like if that relationship were fundamentally altered.

The current government made a series of changes to citizen led referendum legislation and policy over the last three years that has made it easier for the separatist petition and referendum question to move forward. Along with my colleagues in the opposition, we have pushed against every one of those changes.

In addition to the estimated \$100 million price tag for the referendum, the whole thing represents a significant distraction from the issues that matter most day-to-day in the lives of Albertans. At a time when Albertans are grappling with rising costs of living, pressures on the healthcare system, and challenges in education, there is a never-ending list of issues and solutions where that \$100 million would have been spent.

Additionally, there are real risks to the nine other questions that are being proposed

on the referendum. Many of the questions relate to immigration, and risk creating deeper division in our communities.

Albertans are being asked to weigh in on major, complex issues without a clear path forward attached to them. Some questions are seen as symbolic rather than practical; others, like separatism, carry enormous real-world implications but little clarity about what would come next.

Celebrating Unity

Canada Day offers a reminder of what connects us beyond policy disagreements or political lines. Being Canadian is not just a legal status or a constitutional arrangement—it's something experienced in everyday life. It's reflected in how we show up for one another, in the landscapes we protect, in the communities we build together.

Here in our region, that connection is especially tangible. The mountains, the rivers, the shared spaces we steward—these are reminders of a relationship not just with the land, but with each other. It's a way of living that depends on cooperation, respect, and a recognition that we are stronger together than apart.

I believe in collaboration and working together to create something better. The months ahead will no doubt bring more debate, more discussion, and more questions. That's not a bad thing. Democracy depends on debate and participation, and this referendum will ultimately be shaped by the voices of Albertans who choose to engage with it.

I love Canada and I love Alberta. To me it is that simple, but I know it's much more



Help shape the future of the Bears paw Reservoir

Rocky View County, The City of Calgary and TransAlta are creating a long-term Management Plan to:

- ✓ Protect source water quality
- ✓ Ensure public safety
- ✓ Protect dam operations and water management
- ✓ Manage access and evaluate opportunities for low-risk recreation

Get involved

Information session:
Sunday, July 19, 2026
11 a.m. – 1 p.m.
Haskayne Legacy Park Pavilion

Online survey:
June 18 – July 26, 2026

Scan the QR code or visit:
engage.rockyview.ca/BearspawReservoir



complicated for others. As MLA, I have learned that listening is more important than talking. Everyone's perspective and feelings are valid, and I truly think life is much more interesting when we disagree but also when we listen to each other with curiosity and respect. To me, that's part of being Canadian. I invite you to listen with curiosity. Separatism is all about dividing us – don't let it. We are better together.

But as we head into summer—and as Canada Day celebrations begin—it's also worth taking a moment to reflect on what unites us. Regardless of where one stands

on any given question, this is a chance to think carefully about the kind of province, and the kind of country we want to be part of.

Happy Canada Day and I hope your summer is filled with interesting conversations, cool drinks on a warm day, and so much bbq deliciousness! My staff and I will be at as many community events as possible throughout the summer and we can't wait to get to know you better!

Sarah Elmeligi



MLA SARAH ELMELIGI BANFF-KANANASKIS

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MLA ON TOUR

July 5th
Jumping Pound Pancake Breakfast
9am-10am
Priddis Stampede Breakfast
10:30am-12pm
Heart Cafe
Bragg Creek, AB
July 15th
10am-12pm
Beaupre Community Centre
Beaupre, AB
July 27th
5pm-7pm
Special Riding Tour
July 22nd
*Schedule will be available on
my social media*



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It Doesn't Pay to Procrastinate

Many people have no idea. Some people have a vague idea. A few people, a very few, have it all worked out. When it comes to retirement planning, many people do not take action until forced to by a mid-life event (career change, death of loved one) or by hearing about seniors running out of money.

It is strange that people find it so difficult to plan for their retirement. As all the basic financial books say, you start by recording your expenses, see where you can cut back, and then determine how much you need to save to achieve your retirement income goals. Yet far too few Canadians take these presumably simple steps for their own financial success.

It is a weakness of human nature to put off that which is not demanding our immediate attention. We easily respond to a ringing telephone or stop to answer texts or e-mails, but something out in the future, however important, has a much less significant pull on our awareness. After all, there's always the nagging fear that we are not saving enough, and to get on the right path might require making hard choices or sacrifices.

A recent Fidelity Investments survey of couples yielded some surprising results. Less than 40% of couples agreed on the date they should retire. There was less agreement on whether they would continue working in retirement.

Amazingly, one in three of already retired couples could not even agree how comfortable their current lifestyle was. Even for those who work with a financial advisor, more than half the couples surveyed couldn't agree on how long they had been using them. It seems that in dealing with financial matters, the most preferred method is sticking our heads in the sand. If something doesn't have an immediate effect on us, it can be too easy to put off.

It appears that many Canadians are only partially prepared for retirement and don't really know what to expect. For those without the financial acumen or stomach to analyze the situation themselves, the

best way forward may be working with a qualified financial advisor.

The basic problem is that most people wait until they suspect they are in trouble before they seek professional advice. The primary role of the financial advisor is often to clarify facts and help people see the reality of their situation. Even those with large incomes and/or savings sometimes worry about the future, but a skilled financial advisor can help explain the impact of key financial factors (inflation, taxes, investment returns, etc.) that affect an individual's overall financial health.

As with many Canadians, if you are not coasting along towards a comfortable retirement, and you think some changes may be required, a financial advisor can provide an objective view of how you are really doing financially. It is always far easier for a detached professional to evaluate your savings strategies and spending patterns, so if you are having

difficulty getting a grip on your finances, speaking with your financial advisor may well be your best financial action plan.

An old Japanese Proverb says, "the best time to plant a tree was twenty (20) years ago!" The next best time to plant a tree "is today."

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

We will look at your sources of income, the physical assets you have, such as home, other real estate, etc. We will also review the various investments that you have that will be generating retirement income, now and into the future.

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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Are you motivated in life and business?

I have a goal that is either inspiring or completely delusional (depending on who you ask). I want to shoot my age in golf by my 95th birthday. For non-golfers, that means scoring a 95 when I am 95 years old. It is a lofty ambition, but every goal needs a healthy dose of optimism to ignore the opinions of those standing behind the ropes.

Problem is, achieving this goal requires me to do things I don't particularly enjoy. One of those things is gaining five pounds. Now five pounds doesn't sound like much. In fact, I can gain five pounds simply by walking past a bakery and inhaling fresh baked apple fritters. But those five pounds have to be muscle. Not fat. Those five pounds represent something much larger. They represent discipline, more workouts, better diet, which leads to extra years of healthspan, the period of life when I can still play golf rather than watch it from my couch.

Knowing all of this should make gaining five pounds easy, right? But it doesn't. Every morning I awake knowing the benefits. I weigh in, record my numbers, and eat protein. But by evening, I find myself negotiating with a second bowl of rice or M&Ms. The health benefits are clear. The motivation is not.

As I thought about my health goal, I realized that many small business owners face the same challenge when it comes to their business. Most entrepreneurs understand that building a strong brand benefits their business. They know a brand creates trust, attracts customers, differentiates them from competitors, and often allows them to charge more. They know that a well-crafted brand is an investment, not an expense. Yet many hesitate to hire a professional branding agency.

It's remarkably similar to my relationship with putting on muscle at my age. The benefits are obvious. The action is difficult.

As I tell myself, "I'll start eating better next week," many business owners say, "We'll work on our brand after we get through this busy season." Unfortunately, "next week" and "after busy season" live in the same dreamland as bogey-free golf or stress-free physicals.

The problem is that both goals involve delayed gratification. If I skip dessert tonight, I don't wake up tomorrow looking like a PGA Tour athlete. Likewise, a business owner doesn't hire a branding agency on Monday and become an industry leader by Friday. Positive results take time.

Another challenge is that both require spending resources now for benefits later. I must invest effort, discipline, and perhaps say goodbye to a few M&Ms. Business owners must invest money, trust, and time into a professional branding process.

This is where agencies like AdMaki Creative come in. A good branding agency doesn't simply create a logo. It helps businesses define who they are, why customers should care, and how to communicate that message consistently. In other words, it helps turn potential into performance.

So tomorrow, I'll try once again to put on muscle. And if you're a small business owner, perhaps tomorrow is also the day to invest in your brand. For me, waiting until I feel inspired is often a recipe for standing still. Whether you're chasing a golf score or business success, the hardest step is the first one.

Cheers, mark.



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Bragg Creek Days | July 18-19

Bragg Creek Days returns for a zero-FOMO weekend of community fun. Saturday kicks off with a pancake breakfast, followed by the parade, KidZone, live music, beer gardens, and an outdoor market. Sunday keeps the momentum rolling with the Car Show & Shine, beer gardens, live music, an automotive skills challenge, and two-steppin' fun.

Business Licensing Survey

Rocky View County is gathering feedback on potential business licensing. No decision has been made to introduce a licensing program at this stage. The survey is open until July 31 – use the QR code to have your say.



Farmers Market Sundays

The Bragg Creek Farmers Market runs every Sunday until September 20, bringing 800-1,000 visitors to town each week. After the market, wander through the hamlet for snacks, open patios, local shops, services, galleries, gifts, and hidden gems.

Live Music & Local Vibes

Catch open mic the first Tuesday of every month at The Powderhorn, live music Thursdays at Rockies Tavern & Grill, and Fridays at The Powderhorn.

Bragg Creek businesses are ready to welcome you this summer. Come for the event, stay for the community, and support local while you're here!

Bragg Creek & Area Chamber of Commerce

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Gardening Smarter, Not Harder: Using the 4 P's to Conserve your Energy

Welcome back to another article, readers! This month, we'll talk about energy conservation and explore some practical strategies to help you enjoy your yard without constantly overdoing it.

The "overdoing it" happens to the best of us. One moment you're heading outside for a quick lawn mow, and the next thing you know, you've spent four hours bent over dethatching the lawn. Before long, the sun is setting, your physical energy battery is completely depleted, your feet ache, and you wake up the next morning with what feels like a 2x4 for a lower back (...yes, even physiotherapists get the occasional bout of back pain).

If this sounds all too familiar, stick around to learn about the 4 P's of energy conservation. My hope is that these strategies can help you tackle yard work throughout the summer without reaching the point of overdoing it.

First, let's set the scene. Picture your body's energy like the battery on your phone. Throughout the day, every activity uses some of that battery power. Simple tasks may only drain a small amount, while more demanding activities (such as

raking, digging, mowing, hauling things) can cause the battery to drain much faster. Working in the heat can also increase the demand on your body's battery. And, just as an older phone battery may not hold a charge as well, our energy reserves can be lower as we age or when we are managing illness, injury, or chronic health conditions. Energy conservation strategies can help you use your "battery" more efficiently so that you can stay active longer without completely running out of charge.

So, what are the 4 P's, you ask?

#1 Prioritize.

It's exactly as it sounds. Decide which yard work tasks are most important and focus your energy on those first. Consider what needs to be done today and what can wait for another day. This helps you get those important to-do's checked off, while still having energy left for the activities that matter most to you (like having enough oomph to enjoy your evening walk).

#2 Plan.

This tip involves a little organization. Take a few moments to think about your tasks before you begin.

Gather tools and supplies in advance, break larger jobs into smaller chunks, and aim to work outside during cooler times of the day. A little planning can reduce unnecessary trips (whether that's into town or simply back and forth to the garden shed), as well as minimize lifting and physical effort.

#3 Pace.

This is often the most difficult one for many of us (myself included). Think of pacing as resisting the temptation to do everything at once. Try not to get caught in the spiral of "just one... more thing."

Alternate heavier tasks with lighter ones, take regular rest breaks, and stop before you become drained.

Pacing yourself helps you manage fatigue, allows you to accomplish more over time (who would have thought, huh?) and can reduce your risk of injury and strain.

#4 Position.

A simple one, but often overlooked. Position your body and use tools that reduce strain. If you know a certain position tends to aggravate your body, think about ways to modify it. This might look like working at waist height, using long handled tools to limit bending, sitting on a garden stool for low tasks, and keeping tools within easy reach.

Implementing a few simple energy conservation techniques can go a long way. By prioritizing, planning, pacing, and positioning, I hope you can enjoy your yard while reducing fatigue, minimizing aches and pains, and avoiding the dreaded "yard work hangover" the next day. From all of the staff at Bragg Creek Physiotherapy, we wish you a lovely summer and many enjoyable hours spent outdoors.

Bre Maughan

Registered Physiotherapist (MScPT, BScKin)

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BRAGG CREEK DAYS IS HERE! SMALL TOWN. BIG WEEKEND.

So many people, groups, and businesses are involved this year! Thank you to all our Sponsors :)

For all the times, see the event poster in this issue, on the website, and posted all around town.

SATURDAY JULY 18 EVENT NEWS:

The Redwood Meadows Fire Department is once again hosting their famous Pancake Breakfast and we are thankful to have Dave heading up the 57th annual Parade alongside the Chamber folks:

Please welcome this year's Parade Marshal: The Descendants of Bragg Creek Homesteaders – The Tom Fullerton Family

Register to participate in the parade via the website or stop in at the office.

The grounds at the Community Centre will be full of family fun with an expanded KidZone sponsored by Bragg Creek Dental Centre & Camp Sayahh. We have Mage Networks and Banded Peak Vet Hospital participating in a big way, plus Bragg Creek Wild is back with their BearSmart Demo – be sure to check it ALL out. We are proud to welcome back The Calgary Stampede Stage folks, and Turkey & Pistols is organizing a great line up of live music for us to enjoy courtesy of Gateway Developments. Cowboy Trail Brewery, Bragg Creek Distillers, and Ripresa will be hosting our growing Beer Gardens. This year Mark Kamachi will be running the Pie Eating

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Contest and Moose Mountain Horseback Adventures will be giving free pony rides at The Trading Post.

SUNDAY JULY 19 EVENT NEWS:

The Cowboy Trail Car Club will be hosting a Car Show at the Community Centre! There will be kid's activities, RC Crawlers Club in the rink, plus live music and the beer gardens back for round two! On top of all that, the Car Club will run a fun automotive skills competition, and Steve & Laurie will be onsite with some Two Steppin' fun.

HOW DO WE DO IT? VOLUNTEERS OF COURSE!

SignUp at braggcreekca.com and see how much fun a shift or two can be. Families, youth, groups, are all welcome. MANY SMILES MAKE GRAND MEMORIES.

FARMER'S MARKET: Come to the Community Centre every Sunday from 10am to 3pm, excepting July 19 due to Bragg Creek Days. Did you know? The Farmer's Market is a great time to Remember to Renew. Your BCCA Membership can be easily renewed at the Market on Sundays, or online anytime.

KIDS CAMPS: Big Adventures. New Skills. Real Summer Fun. Stop by the Community Centre or check it out online at Braggcreekca.com.

SUMMER TIME FUN IS HERE!

JUMP IN - VOLUNTEER - BE PART OF THE ACTION

HANG OUT WITH YOUR COMMUNITY - TAKE TIME - MAKE MEMORIES

HAPPY CANADA DAY, from YOUR BCCA

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JULY 18 & 19 2026

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1:00 PM PIE EATING CONTEST • 2:00 PM TO 4:00 PM FREE PONY RIDES

SUNDAY JULY 19TH

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RC CRAWLERS CLUB RACING • KIDS ACTIVITIES
11:00 AM LIVE MUSIC STAGE • 1:00 PM AUTOMOTIVE SKILLS CHALLENGE
2:00 PM TWO STEPPIN' • 3:00 PM CAR SHOW TROPHY CEREMONY



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The Little Schoolhouse is out for the summer, but we're excited to participate in some upcoming events! You can find us participating in the bike parade at Bragg Creek Days. It promises to be a fun event, so we hope you can join us.

If you're looking for a play-based educational program for your child this September where children learn through exploration, creativity, and discovery, we still have some 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 and safe summer!

Ms. Shelley and The Little Schoolhouse Team



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Connecting Our Children To Nature

During the recent Wild Fair sponsored by Bragg Creek Wild, guest speaker Kevin Van Tighem was asked, "When parents want to guide their young children to love, respect and protect wilderness, how can we begin?" Kevin suggests taking young children outdoors into a natural setting and letting them explore freely. When they get older, they will have the passion and commitment to act to protect nature.

Younger children often get absorbed in something naturally and quickly. If they don't, what can we do as parents, grandparents, and friends of young children to help them stop, look mindfully, smell, touch, listen and explore all of the natural elements and life coexisting with us in Bragg Creek?

Exploring Nature Through Walks and Observation

Letting children lead the way during family walks, with lots of conversation about what they smell, touch, hear and see can foster interest and initiative to explore. It can also deepen a child's interest to practice elaborating on what they see. Walk until something grabs your attention - a flower, a bush, an ant nest, flowing water, stones, birds in a tree, or a passing animal. Ask your child to describe what they are seeing. Encouraging details can lead them to new discoveries about the objects they encounter. Drawing, taking photos or recording their observations on your phone can add to the experience. Older children may want to keep a Nature Journal. It's the repeated experiences in nature that build familiarity and connection.

Picture Books For Observation, Wonder and Nature

Picture books for children can suggest ways to explore nature and help deepen their understanding of the natural world:

- Owl Moon by Jane Yolen
- Secret Place by Eve Bunting
- Everybody Needs A Rock by Byrd Baylor
- Did you Hear the Wind Sing Your Name?: An Oneida Song of Spring by Sandra De Coteau Orié



- Nature's Playground: Activities, Crafts and Games to Encourage Children to Get Outdoors by Fiona Danks and Jo Schofield
- A Log's Life by Wendy Pfeffer
- Underground by Denise Fleming
- The Little Book of Woodland Bird Songs by Andrea Pinnington and Caz Buckingham
- The Practical Naturalist: Explore the Wonder of the Natural World (for older children) by Audubon

Discovering Nature In Your Own Backyard

Closer to home, are there piles of stones and dirt to dig in? Plants with different textures and smells? Flowers that attract bees, butterflies, birds and beetles?

Some plants grow well in Bragg Creek and provide blooms for both families and pollinators from Spring through Fall. Examples include the Prairie Crocus, Chives, Beardtongue, Salvia, Blanket Flower, Giant Hyssop, Beebalm, Black-Eyed Susan, Sunflowers, Asters and Goldenrod. Encourage children to explore these plants to help them notice the diversity of life around them. They can observe pollinators at work, compare textures and scents and see the seasons change.

Gardening and Learning From the Soil

Do you have vegetables in your garden? Invite children to help plant and care for them. Talk about what the soil feels like when it is wet or dry. Discuss how plants look, smell and feel. Share the excitement of discovering a worm or beetle. Help

children observe changes as the plants grow and talk about what they notice. Have them eat the vegetables they've helped to raise and lay the foundation for understanding all that Earth gives us to help us survive. Gardening helps children develop a relationship with the living world and an appreciation for the cycles of growth and harvest.

Nature As A Place For Creativity and Play

Children naturally act on what they see - touching, digging, building and creating. They like to make structures like castles, bridges, moats, sculptures, roads, hills, etc. for imaginative play. They have nature's raw materials like pinecones, sticks, stones, mud and mosses at hand to help them create their stories. Offer extra materials to support their curiosity by providing a shovel, pail, net, jar, pencil or chalk, a magnifying glass, telescope or camera and paper for drawing.

In summary, when we invite and encourage our children to experience and take part in the discovery of the natural world outside, we create a healthy curiosity, enjoyment, respect and desire to protect the special wildlands in which we coexist.

Invite your family to become members of Bragg Creek Wild and enhance your connection to nature and our community! Volunteer opportunities, monthly newsletters and community events support our mission of safe and sustainable coexistence with our wildlife in our wild lands. [Visit www.braggcreekwild.ca](http://www.braggcreekwild.ca). Membership is free!



Hello Summer!

As our community heads outdoors to enjoy everything summer in our beautiful area offers, we wanted to share some reminders to help keep everyone safe. Summer is a season of adventure, but it's also a time when preventable emergencies—wildfires, heat-related illness, and water accidents—tend to rise. A little preparation goes a long way.

Staying cool isn't just about comfort—it's about protecting your health.

- Hydration habits — Drink water regularly, even before you feel thirsty. Dehydration can sneak up quickly in dry Alberta heat.
- Sun protection — Apply SPF 30+ sunscreen, wear a hat, and take breaks in the shade.
- Heat illness awareness — Watch for dizziness, nausea, or headache. These are early signs of heat exhaustion and should never be ignored.

With our forests drying earlier each year, wildfire risk remains a top concern.

- Fire bans — Always check for local restrictions before lighting a campfire.
- Safe campfire setup — Keep fires small, supervised, and fully contained within a designated pit.

- Proper extinguishing — Drown, stir, and repeat until the ashes are cool to the touch. If it's too hot to hold, it's too hot to leave.

Summer means more vehicles, cyclists, and wildlife on the roads.

- Defensive driving — Slow down on rural roads and stay alert for deer, elk, and cyclists.
- Towing safety — If you're hauling boats or campers, double-check your hitch, lights, and load distribution.
- Emergency kits — Keep water, a flashlight, first-aid supplies, and a phone charger in your vehicle.

Whether you're paddling on Forget-Me-Not, rafting the Elbow River or enjoying backyard pool time, water safety is non-negotiable.

- Life jacket use — Wear one anytime you're on a boat or near fast-moving water.
- Supervision rules — Children should always be within arm's reach around water. If you're the "designated adult", put your phone down and keep your eyes up at all times.
- Cold water caution — Even in summer, Alberta rivers remain cold enough to cause shock and impair swimming ability.

Summer gatherings mean grilling and outdoor entertaining.

- BBQ maintenance — Check hoses for leaks, keep grills clean and at least one metre from siding or railings.
- Fireworks — Leave them to the professionals. Not only can they start

wildfires, they can cause significant physical injuries.

RMES is proud to serve Redwood Meadows and the greater Bragg Creek area. We're even more proud when we see neighbours taking steps to keep themselves and each other safe. Check in on your neighbours – summer isn't always a happy time for everyone. Knowing someone cares about you can be helpful.

We'll be out and about at community events and parades throughout the summer, be sure to pop by and say "hi".

Stay safe!

DONATIONS ACCEPTED

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

For more information contact:
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We're Moving! Visit Our New Bragg Creek Dental Centre Location

Dear Patients, Families, and Friends,
We are excited to announce that Bragg Creek Dental Centre is moving to a brand-new clinic location!

Beginning July 6, we will be welcoming patients at our new office:

Bragg Creek Dental Centre

Unit 14, 20 White Avenue
Bragg Creek, AB T0L 0K0

Whether you have been part of our dental family for years or are considering visiting us for the first time, we look forward to welcoming you to our beautiful new clinic.

While our address is changing, you can continue to expect the same caring team, personalized service, and quality dental care you've always received. Our new space has been thoughtfully designed to provide an even more comfortable, modern, and convenient experience for patients of all ages.

Grand Opening Celebration

To celebrate our new location, we're hosting a special Patient Appreciation Draw!

All patients—both new and existing—who book and complete a cleaning and checkup appointment during July or August will be entered for a chance to win a Night Out in Bragg Creek, featuring a gift card to a local restaurant.

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Thank you for being part of our community. We look forward to welcoming both familiar and new faces to our new clinic and helping you achieve a healthy, confident smile for years to come.

*Warm regards,
The Team at Bragg Creek Dental Centre*



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

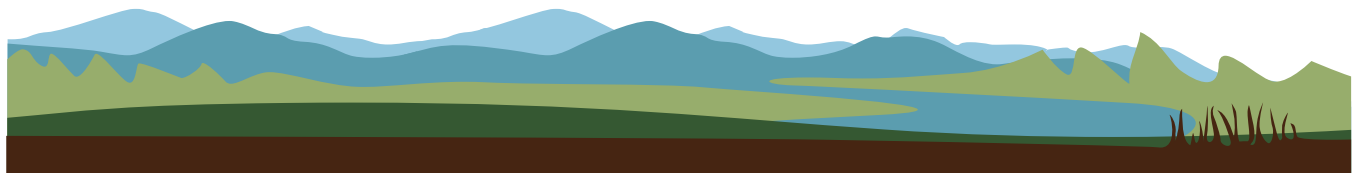
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BEFORE



AFTER



BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1-4pm: Ladies Group & Snooker

Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

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

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

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

2026 MEMBERSHIPS

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Questions? 403-949-3313

Email inquiries:

braggcreeksnowbirdsfellowship@gmail.com

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BRAGG CREEK TRAILS

BCT Trail Talk

Bragg Creek Trails celebrated 21 years of trail stewardship in Bragg Creek at its Annual General Meeting on June 8 at the Snowbirds Chalet. The evening highlighted the successes of the past year and showcased the power of volunteerism and collaboration with community partners. In 2025, 194 volunteers logged more than 10,500 hours in support of the West Bragg Creek trail network. To access BCT's 2025 Annual Report, visit BraggCreekTrails.org and click on the Annual Report link. You're bound to be inspired

"Loopertunities" around this summer!

This term was coined by our new Operations Manager, Will Matthews, when he saw the proposed trail projects that would complete some vital loops within the trail network. An avid Bragg Creek rider before joining the team, Will and his crew have already been busy creating new connections and improving the trail experience.

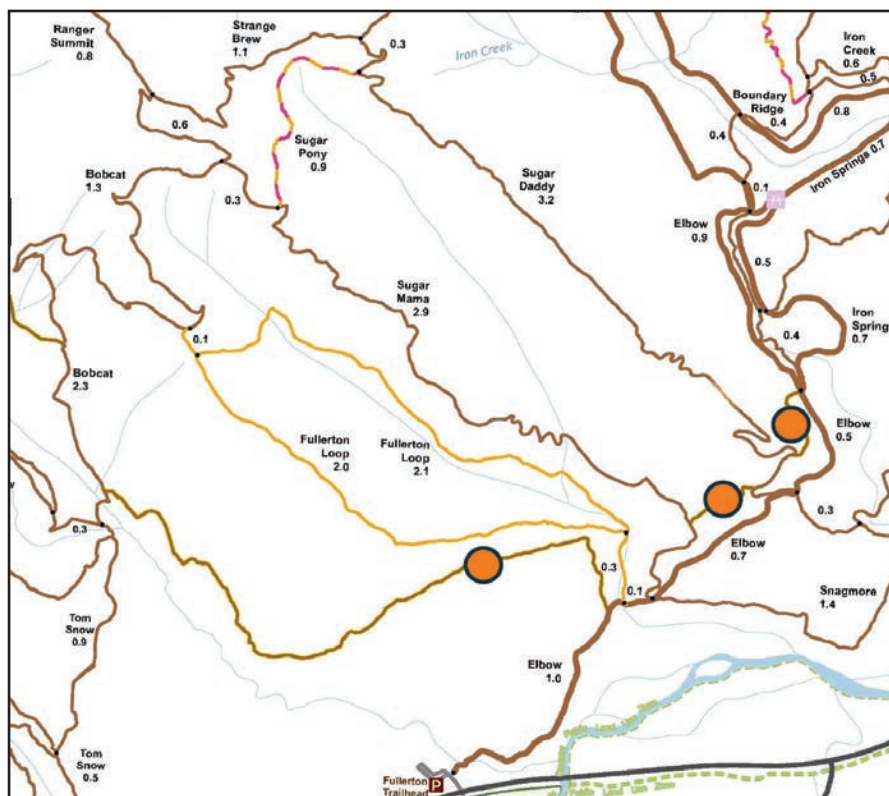
Work is currently focused on a new connector trail linking the bottoms of Sugar Mama and Sugar Daddy. Aptly named Sugar Baby, this new trail will create exciting new route options in the area. Crews will then turn their attention to much-needed upgrades on Strange Brew, one of the most popular trails in the network.

Once that work is complete, another new trail is planned to connect the bottom of Sugar Daddy with Iron Springs. Together, these projects will create more loop opportunities and improve connectivity throughout the area. Once completed, this side of the trail network may well become your favourite place to ride or hike.

If you're as excited as we are about the summer work ahead and would like to give back to the trails that provide so many great experiences, we'd love to have you join our team. We provide free on-the-job training, great company, and plenty of smiles. Contact our Volunteer Coordinator, Karlee, at volunteer@braggcreektrails.org

Con Schiebel

BCT President





A COZY RETREAT WITH CHARACTER: CRABAPPLE COTTAGE

We're Celebrating 30 Years of Style! For three decades, Crabapple Cottage has been more than a boutique – it has been a beloved landmark in the Foothills of the Rocky Mountains. Since opening its doors in 1996, this one of a kind fashion destination has earned a reputation for charm, quality, and the kind of personal attention that keeps visitors returning from

Alberta, across Canada, and even from abroad.

What began as a small, thoughtfully, curated shop has grown into a destination. Locals know it as a place where style feels effortless and welcoming. Travelers discover it as a hidden gem tucked into one of the most picturesque corners in the province. Loyal clients, some visiting for decades, describe it as a space that feels less like a store, and more stepping into a story.

Inside The Cottage, time seems to slow. Soft textures, exciting colours, and carefully chosen pieces invite guests to explore at their own pace. Every rack tells a tale of craftsmanship, and individually. Every corner reflects the personality of a boutique that has stayed true to its roots while evolving with the women it serves.

At the heart of the cottage is a simple belief: variety creates a vibrant wardrobe. The team is dedicated to offering signature styles that spark inspiration and encourage every woman to express her own creativity. You'll see endless possibilities to create a style exactly right for you – pieces that feel personal, expressive, and uniquely yours. You'll also feel at home entering a space

that exudes kindness, peace, and loving attention from the staff who greet you. You will have a feeling uniquely special and leave with a smile on your face.

Owner, BARBARA KOLODY describes the experience best: "One thing I would like to share is the experience women feel when they walk through the red door. It's all about community, fellowship, and sisterhood. Women helping within a sanctuary where they trust us to bring together a passion for fashion."

Perhaps this is why Crabapple Cottage has stood the test of time. It isn't simply about fashion, it's about the feeling – the feeling of being welcomed, of discovering something special, of finding a style that feels like you.

**THERE'S NO PLACE LIKE
THE COTTAGE!**

Thank you for your support and oyalty over the years.

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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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Apprehending Fugitives

There was a 1993 movie starring Harrison Ford called “The Fugitive”. It follows a man running from justice after being falsely accused of murdering his wife. While fictional, fugitives in real life do evade the law, and Alberta has a dedicated team that goes after them. The following article is based on a presentation to the Foothills County Policing Committee on May 19th.

The province has a specialized Alberta Sheriff’s Branch team called the Fugitive Apprehension Sheriff Support Team (FASST). Its role is to locate and apprehend dangerous fugitives with outstanding arrest warrants, in partnership with other law enforcement agencies, to enhance community safety.

FASST also supports police of jurisdiction and other enforcement and correctional partners with warrant apprehensions, including electronic monitoring, parole, probation and RCMP warrants. The team can also lay applicable new criminal and provincial charges.

FASST is a specialized unit of 16 sheriffs operating in north and south regions, supported by shared analytical resources.

FASST partners with police of a jurisdiction to receive targets who are wanted in Alberta. These are prioritized using a matrix before being assigned. Once assigned, the team uses various investigative techniques to locate, arrest, and process fugitives.

FASST categorizes targets into three “tiers”:

- Tier 1: The fugitive has caused harm or poses a significant risk to public safety, including serious violent offences and those with a history of indictable crimes.
- Tier 2: The fugitive has exhibited a pattern of prolific criminal behavior. Prolific offenders with a high impact on the community, including hybrid offences.
- Tier 3: Fugitives wanted for summary conviction or provincial / municipal offences, generally posing a lower risk to officers and the public.

FASST had 684 arrests with 3,038 warrants executed in 2025. Ninety to 95 per cent of arrests were for Tier 1 fugitives. FASST supported 73 different municipalities within Alberta, and 12 from other Canadian provinces.

In Foothills County, FASST made three arrests in 2025, executing 22 warrants. The team also executed 35 RCMP-held warrants through six arrests in other areas of southern Alberta.

There is a second unit, the Sheriffs Investigative Support Unit (SISU) which is responsible for providing specialized surveillance services gathering evidence or intelligence in support of criminal investigations throughout Alberta. It consists of 32 Sheriffs across the province.

Surveillance teams will receive a request from the police of jurisdiction to conduct surveillance. These requests are triaged by priority. The team conducts surveillance and provides all notes to the lead investigator. SISU members are available for court testimony when needed.

There were 256 surveillance files in 2025. The majority of files were focused on drug and organized crime activity. Only one file was primarily located in Foothills County.

A third team within the Alberta Sheriffs Investigative Services is the Safer Communities and Neighbourhoods (SCAN) unit. Its role is to make communities safer by using legislation to target residential and commercial problem properties where specified illegal activity is

occurring regularly. This includes drug trafficking, prostitution, and gang-related crime.

The SCAN unit operates under the Safer Communities and Neighbourhoods (SCAN) Act, which uses legal sanctions and court orders to hold owners accountable for illegal activity happening on their property.

SCAN Investigators take on a file, and once evidence is gathered, may take the following actions:

- Verbal conversation/warning with owner.
- Evictions, proper screening of tenants, etc.
- Serve warning letter, signed by the Director of Law Enforcement.
- Apply to courts for a Community Safety Order (CSO). A CSO allows a property to be closed for up to 90 days.

SCAN empowers citizens through a community complaint-driven process. Section 31(1) SCAN Act: No person shall disclose the identity of the complainant, or any information by which the complainant may be identified.

SCAN completed 984 investigations in 2025. 104 warning letters and 15 CSO’s were issued. To learn more, visit: alberta.ca/SCAN

Dave Schroeder
HCRCWA Board Member

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Our young patrons made wooden bee bookmarks to honour World Bee Day, May 20th. World Bee Day is a global celebration to raise awareness of the critical role bees play in sustaining our ecosystem and global food supply. World Bee Day was established by the U.N. in 2017. The date honours Anton Jansa, the pioneer of modern apiculture. Bees are threatened today by urban sprawl, (loss of nesting habitat) and poorly managed use of pesticides. There are several good books on bee keeping, should you and your family wish to take it up.

Check our bulletin board for our upcoming Summer Reading Program in July and August. Scrabble board is set up permanently in the library and has been most successful. Don't leave without giving it a try!

Sylvia Binkley
sliv@telus.net 403-933-0139



PRIDDIS COMMUNITY

Hello Priddis!

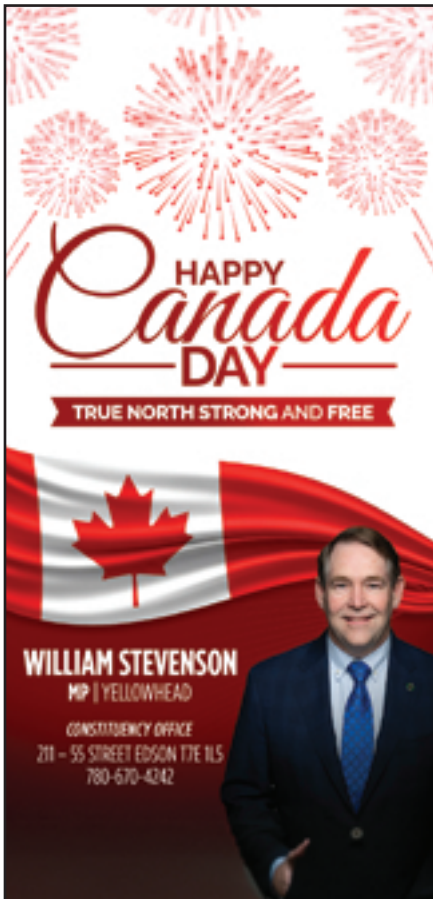
We would like to invite you to join us for our most popular event of the year- the community STAMPEDE BREAKFAST.

This year's breakfast will take place on Sunday July 5 from 8am-noon. In addition to a delicious breakfast, we will have horse and wagon rides, face painting, a petting zoo, fire trucks, a vendor market and live music from The Type. You can enjoy all of this for just \$5. We hope to see you there.

We are still in need of a few more people to help us with this big event. Please consider volunteering your time:

www.signupgenius.com/go/60B0C4AAB A72BA1FC1-64345979-2026

The Priddis Community Association
Board of Directors





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

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

Our next meeting is Tuesday September 15, 2026 at 6:30 pm

This is our potluck so bring your favorite harvest dish to share. Always lots of flavours to enjoy!

Note this is the third Tuesday. Our theme will be to celebrate the 50th anniversary of the Millarville Horticultural Club.

The club has sponsored 2 art pieces from Little Monkey Metals. One art piece at the Millarville Racetrack and a bench for the church house.

Tuesday May 12 was the flower fundraiser plant pickup. Thank you to Debra, Jan and crew for the help distributing the orders. The flowers and plants were very vigorous and colourful!

Thursday June 4, 2026, 7 pm was our famous plant sale at the Millarville Racetrack quonset. Thank you everyone who came and bought plants. Many thanks to Glenda and crew for the fun and fabulous sale.

Friday July 10 at 6 pm, please bring cut flowers to the Millarville Anglican Church to decorate the headstones. If you have flower arrangements to put in the church with dedications, please bring them.

Saturday and Sunday July 11 and 12 is the Millarville Anglican Church flower festival.

There is always a delicious tea offered on the Saturday. Details to follow.

Saturday and Sunday August 15 and 16 is the Priddis Millarville Fair. Entry deadline is August 7. The fair book is available online and in local businesses. Lots of classes to enter. Woodworking, horticulture, baking, honey, fibre arts and crafts, horses, and much more! Check it out. The Millarville Horticultural Club has sponsored special classes to celebrate our 50th anniversary with added money and club memberships for prizes. Please check the fair book online to see the special classes.

New members always welcome at our upcoming meetings

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

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com



Are you a newcomer to our wonderful area? Did you know there's a library here? We're at the west end of the school right in the hamlet for your convenience. We know you're going to love us, so we'd like to offer you and your family a one-year free membership. Lots of power in one wee card!

Your Millarville Community Library has teamed up with the Turner Valley Bottle Depot for fundraising. If you've got some bottles for return they are ready and waiting to help you help us. Thank you so much! Please let them know that your deposit is going to the Millarville Community Library. Thank you.

Our summer hours start on June 29th. We will be open 9-12 Tuesdays and 10am-7:30pm Wednesdays. We will be closed on Canada Day.

FREE Kids Programs will be every Wednesday from July 8th to August 26th. Drop in between 11-4 for kids 12 and under. An adult must accompany the kids, so bring the kids or grandkids and come have some free fun!

Please note that our email has changed and you can now reach us at amclibrary@millarvillelibrary.com

Yes it's early but some of our upcoming events are; 2nd Annual Pumpkin Derby to be held again at and with the Sheep River Library in Diamond Valley on October 24th; Bow Making Workshop to be held in late Oct (Please contact us if you're interested in this); Author Bonnie Beswick will be out Sept 24th to discuss her mystery books and Children's Author Krista Phillips is coming in Nov.



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we explore faith, hope, and
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register visit [https://reddeerlakeuc.com/
tickets/art-as-a-way-of-knowing](https://reddeerlakeuc.com/tickets/art-as-a-way-of-knowing)
- July 12 - Stampede Brunch following the
Worship Service

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Proclaiming Christ in the Heartland!



COUNCILLOR UPDATE FOOTHILLS COUNTY By Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Property Taxes: Key factors about your bill this year include a market value increase, plus a hit from additional provincial education taxes. The municipal portion of the Foothills County 2026 budget went up 1.98% compared to the Alberta inflation rate of 2.1%. Economic pressures and world issues influenced supply chains, tariffs, and higher costs for fuel, insurance, equipment, contracted services and more, impacting operational and capital expenses.

Property Values: There is an increasing demand to live in Division 4 which is causing property values to soar. That's great from an investment standpoint but not so much if your neighbour received a great sale price which causes your property assessment to be adjusted upwards for the paying of property taxes. This value is a multiplier when calculating your bill. FYI, you can read the property assessment report shared in the Council Agenda on May 6, 2026: <https://www.foothillscountyab.ca/> To inquire about your property assessment, call: 403.908.9608.

Provincial Increases: This year, the Province is collecting \$4.5M more for education, plus RCMP, and other mandated requisitions through your property tax bill, which amounts to 42% of your bill. We're paying to build more schools in the cities and provide more money for growth-driven issues. This

provincially-mandated bill went up 15% this year and 20% in 2025. The County has no say in what we must collect for the Province.

Concerns Expressed: When the math was coming in for our County's 2026 budget and then the up-adjustment with the provincial education price tag, the reality hit hard as to the required tax payments distributed over the County's 16,747 tax rolls (14,038 assessed persons) and assessment types. I see this as a shock to the average tax-payer and see the results as hardship for residents. While the municipal portion of the property tax bill increased less than inflation and was carefully considered, I voted opposed because I support an over-all reduction in taxes. Next, I asked for a letter to be sent to the Province, endorsed by Council, to share our concerns about the escalating education requisition.

Tax Reduction: On the municipal side, we must seek efficiencies in all departments, analyze service levels and find opportunities for reductions. On the provincial side, we are working on proposing alternative options for the collection of education taxes and investigating policing options. Preparations are well-underway to diversify our tax base by building out the Highway 2A Industrial Corridor in Foothills. With more services in place this summer, we look forward to attracting commercial + industrial tax assessment-types to offset our 75% residential assessment. Other tax-reduction ideas are welcome!

Internet Service in Division 4: After years of internet service challenges, industry, through grants and some business cases, is bringing the "last mile" level service to the varied landscape within our area. Mobile service is offered by Bell, Freedom, Rogers + Telus. Fixed Wireless

is offered by Bell, Mage Networks (new!), Rigstar, Rogers, Telus + Xplore. Satel-lite service is offered by Starlink + Xplore. Fiber-to-Home is provided to a limited area by Telus. DSL is offered by Telus. View the ISPs (+ links) and projects map: <https://ised-isde.canada.ca/app/scr/sittibc/web/bbmap#!/map>

New Internet Option for Division 4:

Mage Networks is expanding its High-Speed Rural Internet infrastructure into Foothills County, specifically the Priddis area and Highway 762 between Bragg Creek and Millarville. This local company is currently in the infrastructure build phase, and expects service to be available to residents and businesses by Summer 2026. You may have seen them working in our area. Mage is deploying a combination of fiber and wireless multi-hop under its proprietary MagiNet™ platform. The network is designed to deliver 100 Mbps symmetrical speeds to every subscriber, unlimited data, and low congestion using Guaranteed Streaming Bandwidth(TM). In addition, Mage provides indoor and outdoor Wi-Fi design services, Public Static IP addresses, and high availability service to rural operations including farms, ranches, hotels, campgrounds, clinics, and retail businesses. Their network can be customized based on specific terrain, coverage requirements, and hard to reach locations, ensuring a network tailored to unique needs: <https://mage-networks.com/foothills/>

For Other News & Updates:

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

Email: suzanne.oel@foothillscountyab.ca

Please visit High Country News online for my previous articles: highcountrynews.ca/?s=suzanne+oel

With Best Regards,
Suzanne

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Is it time for your mammogram?

Screen Test is coming to Diamond Valley July 2 to 4, 2026

Screen Test is a free service provided by Primary Care Alberta that offers screening mammograms. Our mobile screening units travel to 120 communities throughout Alberta to provide convenient access to breast cancer screening.

Having regular screening mammograms is the best way to find breast cancer early, before symptoms appear and when treatment may work better.

Who should have a screening mammogram?

If you're 45 to 74, you don't need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

If you're 40 to 44 or over 75, discuss the risks and benefits of screening with your healthcare provider. You will need a

referral if you're 40 to 44 and it's your first mammogram, or if you're over 75.

Call toll-free to book an appointment:
1-800-667-0604

Breast density scores are now included in your Screen Test result letter

Breast density is the amount of dense tissue compared to the amount of fat in a person's breasts. It can be harder to find cancer in dense breasts because this tissue appears white on a mammogram, the same colour as many kinds of breast cancer. It's common to have dense breast tissue.

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your healthcare provider about your breast density score and your personal risk of breast cancer.

For more information on Screen Test and breast cancer screening, visit screeningforlife.ca/breast

SCREEN TEST

A screening mammogram is the best way to find breast cancer early. **And it can save your life.**



Mobile mammography screening is coming to:

**Diamond Valley
July 2 to 4, 2026**

Call toll free to book an appointment:

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screeningforlife.ca/breast

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Hello, Diamond Valley, and Happy Canada Day! Finally, summer is here after all the lovely rain we had in June, so I've included some events to help celebrate Canada's 159th birthday month in our beautiful Foothills.

Canada officially was incorporated in 1867, but dates back thousands of years ago with the arrival of the Paleo-Indians to North America. From the late 15th century, French and British expeditions explored, colonized, and fought over various present-day Canadian lands. One such place was known as Rupert's Land and was returned by the Hudson's Bay Company to Great Britain, which then transferred it to the newly formed Dominion of Canada. Rupert's Land was named after Prince Rupert of Rhine, who, among other things, was the first appointed Governor of the Hudson's Bay. The transaction, known as the Deed of Surrender, was signed on July 15, 1870. Rupert's Land was deeded over for the princely sum of 1.5 million and is an area of a quarter of North America's land mass.

The Millarville Racetrack celebrates Canada Day on July 1 with the annual Races. This is a ticketed event held from 10-5, starting with the National Anthem and Treaty Lands Recognition. A Parade follows and then let the races begin! Horse lovers will want to get tickets for this event, and there will also be the Market, kids activities, a beer gardens, and a 50/50 draw. Please check the Racetrack's website for full details and to get your tickets.

The Battle of the Chucks is on for July 23-26 at the High River Agricultural Society. Races start at 7pm Thursday through Saturday and 4pm on Sunday. There will be an 18+ cabaret on Saturday night, a free pancake breakfast and Cowboy Church on Sunday. Vendors, food trucks, and beer gardens provide shopping and sustenance. For full details, please visit highriverag.com.

Our neighbours to the south, Longview, will be hosting their annual Little New York Daze on the weekend of July 18 and 19. Parade Marshall is former Longview resident and Stampede Queen Holly Cartwright. The weekend's highlights are the Parade, Pancake Breakfast, the Mark Parsons Band, Kids Activities, and Fireworks at dusk. Check out details on

the Facebook page to confirm this year's schedule of events and bring a lawn chair for the Parade.

Back in town, the annual Diamond Valley Car Show is scheduled for July 26 from 10-4. This event keeps getting bigger and better with one classic car, truck, and motorcycle after another. This family friendly event offers vendors, food trucks, entertainment, and doggie water stations too. Registration for your classic vehicle starts at 8am. Proceeds from the registration will go towards local charities, last year they helped out the Oilfields Food Bank, 4H Clubs, and the Diamond Valley Fire Training Centre. You can check out the Facebook page for more information.

Horse lovers can also check out Kananaskis Country on horseback. I know Anchor D is one place to go if you don't have your own horse. Some campgrounds in Kananaskis are horse friendly, with rails and trails. The Death Valley Trail is a 12.5 km trail. Shorten it with the Death Valley Loop or expand it with Windy Point Trail, Foran Grade Trail, and Sheep Trails. Use caution as ranchers lease these lands to graze their cattle, and evaluate the contours on a map to see if your horse is okay with the steepness of some trails. Check out K-Country horse trails and campgrounds to find out more.

Our Turner Valley Legion will be hosting a Stampede Pancake Breakfast on July 4 from 9-12. Everyone is welcome and admission is by donation. They are also holding a Raise the Roof Campaign, as the roof is in need of a big repair. You can buy a "brick" for \$50 and put your name or in honour of someone on the brick. Or you can just donate at the Legion or buy transfer at RCL78@telus.net.

The Canadian Salvation Army has a Summer Lunch Program for children. This provides a free nutritious meal to kids when they need them most, the gap between the school year. Your generosity helps fill that gap. You can donate by visiting SalvationArmy.ca or call 1-800-725-2769.

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

Happy Canada Day!

Elaine Wansleben

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SHEEP RIVER LIBRARY

July has arrived and hopefully summer along with it. There is plenty happening at the library over the summer break. There is still room in many of our summer camps. If you have a child or grandchild who likes to sing then sign them up for the Kananaskis Kids' Choir Camp. This is a week of music education, fun games, songs and a concert at the end of the week to show off all they have learned. All of this is achieved under the directorship of Renee Boehmer who has taught music to amazing children for over 35 years and has worked with many different choirs. Choir camp runs from July 13-17 with children aged 5-9 years at 10:00 and those 10 years and over at 1:00.

The following week sees Camp Wildcraft make its debut for campers aged 6-12 years. This camp offers a fun-filled week of outdoor exploration, hands-on experiments and imaginative play. The goal is to spark curiosity and connect with nature. Campers will build and create using natural and recycled materials, inspired by the world around them. Camp Wildcraft runs from July 20-24, 8:30-3:30.

We welcome back STEAM summer camp with Nic from Next Gen Educare, from July 27-31 for children aged 7-12 who have an interest in science and technology. Each day will feature one aspect STEAM in three learning sessions: introducing the technology, a guided project to complete a challenge followed by an individual challenge. Technology used at this camp includes Scratch, MakeyMakey, LegoSpike, Sphero Minis, Virtual Reality and SNAP circuits.

In August we are thrilled to have Trish Draper from Artistic Adventures hosting three art camps: Creature Collector Camp (August 4-7); Wizarding Worlds (August 10-14) and Tiny World Architects (August 17-21). Each week provides unique artistic adventures from designing Pokemon cards to brewing colorful potions to building miniature worlds.

You can find more details and costs of our camps at sheepriverlibrary.ca. Please register in person at the library for our summer camps. Registrations by phone can only be held for 48 hours until the camp fee has been paid.

There are some adult programs that run throughout the summer as well. Our poetry group, still going strong after 14 years, meets on the last Thursday of the month at 10:30 by the fireplace. Come along and share poems written by others that have inspired or challenged you. There is also opportunity to share your own work. Miserable Millennials also continues on the last Friday of the month at 6:30. Facilitators Teagan and Cheryl have informed me that Millennials will continue to be miserable throughout the summer, so they are required to meet together to commiserate. Drop ins are welcome but registration is encouraged.

A big thank you to everyone who made our book sale such a success on Discovery Day! From donors to sorters to movers to salespeople – we couldn't do it without you! We made \$2,200 on that day with more coming in in pre- and post-sales. The leftovers will be in the library for a few more weeks, if you need to come and find some good summer reads. Don't forget to check out our NEW shelves for new items that come in every week – such as Katherine Center's latest: The Shippers – a great summer comfort read.

See you soon!

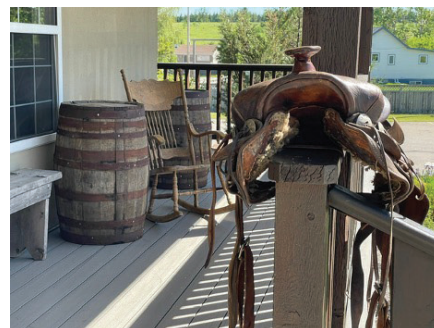


DE WINTON COMMUNITY ASSOCIATION

De SADDLE UP FOR A WESTERN DANCE

A GRAND SUCCESS

On June 13th, the De Winton Community Hall hosted its sold-out "Saddle Up for a Western Dance," with 130 guests in attendance. The Carter Harris Band filled the night with great music and had people dancing all night long. Hansel and Gretel's Catering served up a delicious roast beef dinner with all the fixings. The amazing decorations, which provided the perfect warm and western ambiance, were donated by Simply Western Rentals of De Winton. A big thank you must go to the three ladies who lead the charge on putting this great event together, Terri Harris, Chelsea McLeod and Cindy Poole. A heartfelt thank you goes to all the additional volunteers who pull it all together to make the evening possible. It truly takes a village to create such a magical night. The event was a wonderful opportunity to reconnect with old friends and meet new ones!



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THE DE WINTON COMMUNITY HALL GETS A FACELIFT!

De Winton Hall has long been a cornerstone of our community, bringing neighbours together for generations of events, gatherings, and celebrations. In 1996, a devastating fire destroyed the original hall, but through the determination and support of the community, it was rebuilt—stronger and more vibrant than ever. Now, nearly 30 years later, our beloved hall continues to serve us well, but it is time to update, replace and fix some our infrastructure.

Through the hard work of the Board of Directors—we have secured several grants and additional funds to move forward with a number of critical infrastructure improvements which will cost us just excess of \$200,000. It is important to note that we received support from volunteers in the community who helped secure quotes, tracked down vendors and other important jobs which helped our Board. We are very grateful for their time and effort. Many, many hours of work went into creating presentations, creating grants, securing estimates for the services and presenting our needs to various support groups. We are so pleased to advise this hard work and commitment has provided us with funds that will enable us to move forward with our critical projects as outlined below:

1) Roof replacement

Our roof was showing its age and was in dire need of an overhaul. Over the past year, particularly as we lived through an unusual rainy period last June and July, board members and our Office Manager, got called out at all times to grab buckets and mops to clean up the latest leak. We did many patch repairs but the answer was obvious. We needed a new roof. As you can image a new roof is very expensive for a non-profit such as ourselves and we took on the challenge to secure additional funds to make this renovation occur.

We are so pleased to confirm we received funding covering a large portion of our costs from CFEP (Community Facility Enhancement Program), the Dunbow

Recreational Board and a much appreciated discount from our roofing company First Class Roofing and Renovations, Inc.

Our new roof has now been installed and just in time as we are enduring the early rains in June. A big thank you to the volunteers who put in countless hours planning, researching, grant writing and doing the post construction garden and grounds clean up.

2) Furnaces, Boiler and Air Conditioning

30 years down the road and our very outdated furnace and boiler system is beginning to fall apart. This component is critical to our operations. Without the boiler we would have no hot water and our facility would have to shut down in accordance with Alberta Health Care requirements. We must have hot water for our kitchen and for our other operations. Through the mastery of our President Mike Kosinec and our Officer Manager Matt Coveart, we have held our furnace and boiler together with love and buttons, but the time has come to deal with this major beast. Because it is not a high efficacy system, we were incurring addition operating costs that are no longer justifiable.

In addition, one of our major sources of revenue is the rental income generated from our weddings. Unfortunately, over the years, we have lost a few potential rentals because we do not have air conditioning. As a result, we looked into what the additional expense would be to include this feature as we update our facility and we are thrilled to confirm that we will be adding air conditioning to our facility.

Again, we had many helping hands securing quotes, putting together presentations and applying for grants where ever possible. We are so grateful and appreciative to the Dunbow Recreation Board who have provided a grant which will cover roughly a significant portion of the budgeted cost to replace this system.

3) Our new Road Signs

Getting our information out to our community is an essential task for this Board. We want to ensure we are meeting the needs of our community and enjoying time together as a community. Although we use various forms of media, we have found that our signage boards have been very effective over the years. Just like our infrastructure, our signage was aged and dated and overdue for an overhaul.

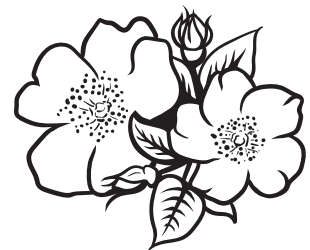
Thanks to our Communication Director Mia Staysco for taking the lead, with our volunteers, to redesign our signage and to the Dunbow Recreation Board who helped us with a generous contribution towards the upgrade. You will be seeing our newly designed signs up and around as we get the last of the bugs worked out and get them out throughout our community. Again over 40 hours of volunteer labour plus designing, planning and grant writing went into this project. THANK YOU!!!



4) Rebuilding our wrap around decking.

A couple of years ago at our famous annual Canada Day Breakfast, we had an unfortunate incident when one of our long-standing members tripped on a protruding step and injured herself. As we reviewed the incident at the next Board meeting, we were concerned and felt we needed to fix the problem. As with all things, it wasn't that simple and what had initially appeared to be a quick fix turned into a major project. We couldn't simply remove the step, we had to rebuild, re-enforce and re-cover the entire deck. Again, our amazing board stepped into action and applied for grants and were thrilled to receive a grant from the Dunbow Recreation Board which supported this project for a significant portion of the cost. The project was completed in the spring of 2025 and the feedback was outstanding. It was a grand success that has received many compliments from our community and our rental users.

Your De Winton Community Association





to a great BBQ lunch cooked by local firefighters. And the kids were treated to a rare public appearance by Ember the Fox.

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

The FireSmart event at Square Butte Hall was a great success. Topics covered included the increase in timber since the 1910 fire and fire suppression policies on our landscape. Firesmart principles were covered to help residents understand how they can mitigate some of the risks. A local entrepreneur shared common problems encountered with trees becoming a hindrance for emergency and other crews in accessing properties. Alberta Forestry was on hand with a display and several firefighters as well. Information was also introduced on the Alberta governments Community Hazards Fuel Reduction Program and on Be Prepared: Wildfire Emergency Preparedness. Representatives from Caledonian Midstream, Quirk Creek Plant updated residents on current changes to their operations. We were treated



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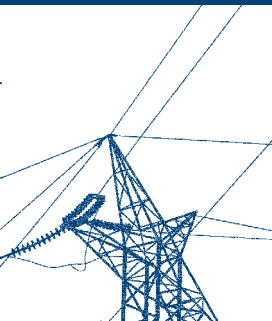
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LETTER TO THE EDITOR

Dear Foothill Council Members

My name is Ed Pinchin, and I am the father of Robin Grouette, one of the applicants in the subdivision hearings you held on May 13. My wife and I have lived and paid taxes in Foothills County for 56 years. There is no doubt we were disappointed in the outcome of the hearing but I have to say I was even more disappointed and even disgusted with the performance of all of our elected council members.

I realize being on council is often a thankless, boring job but each and every one of you wanted the position and even spent your time and money running for election. However, now that you have the job you at least owe your constituents the effort to conduct yourselves to the best of your ability. What I saw from all your performances was far from that. In both hearings you appeared totally disinterested and bored. You never asked one question about the information presented by the applicants and certainly did not challenge any of the outrageous and irrelevant statements made by each of the 7 objectors. Councillors, who effectively act as judge and jury on these applications, cannot possibly make fair responsible decisions if they don't bother to understand the various elements of those applications. From my perspective it seemed as though you sat at the table but failed to perform even the most basic obligation of your job. Things like subdivision rules, regulations and guidelines did not matter to you but instead you read the room, saw 7 objectors (voters) and 2 applicants (voters) and took the politically expedient route. It was a cowardly performance by all of you.

It was obvious to any thinking person that the objections to the application were all based in NIMBY (not in my back yard). They were all looking for any excuse to deny this application and thereby maintain the "pristine environment" they currently enjoy. They expressed concern about preserving the environment and riparian rights while ignoring the fact that all of Pothole Creek on the property in this application was being protected by the donation of over 8 acres of Environmental Reserve Easement. They even presented a slide show purporting to show the wildlife they were protecting when indeed

the pictures were taken miles from the property in question. Most councillors didn't know or care, but Pothole creek is very small, averaging 3 or 4 feet wide whereas the pictures showed a stream 20 feet wide or more. They professed to want to honour their neighbour's property rights and at the same time were attempting to prevent the drilling of any new water wells on those neighbouring lands just to preserve their own well's viability. They tried to use the hazardous curve on the municipal Plummers Road as an excuse for refusing the application when in effect the municipality created the problem many years ago when they first allowed that curve. One objector even asked the County to recover some of the costs for a road built more than 25 years ago by their former owners. Every councillor should have challenged this request because such a precedent would open a Pandora's box of litigation on every municipal road that was originally built privately, including the 2 that I did.

I take exception to councillor Kendal's reasons for her motion to deny the application. Several months ago, she refused the applicant's offer to visit the property and see for herself the various issues at stake. That alone clearly indicated she had already made up her mind against the application without any knowledge of the situation on the ground. She said she was concerned about the effects new water wells would have on existing wells. She completely ignored the fact all property owners have equal rights to access the ground water beneath their own land regardless of who drilled the first well. She also ignored the fact that the landowner who was concerned with his well-being drained is getting water from a well 240 feet deep and is certainly in an entirely different bedrock aquifer from the shallower adjacent wells which draw water from sand and gravel beds above the bedrock. She was also concerned about the safety aspect of having more traffic on the dangerous curve of the municipal Plummers Road. She ignored the fact that problem was first created by the municipality when they allowed that dangerous curve in the first place. She ignored the fact that the sight lines, both north and west from the existing intersection of 240 St and Plummers road are at least 1/2 mile, better than many other approved intersections in the municipality. As well, if the Plummers road curve hazard needs to be corrected then it is entirely a municipal responsibility, not the applicants. She also did not acknowledge

that the property in question was already zoned Country Residential and nearly 1/3 of it was being dedicated as Environmental Reserve Easement to protect the riparian rights of Pothole Creek. The property is well suited for Country Residential use and would provide 2 new lots to ease some of the pressure on council to allow more country living space. She was also concerned that the building sites on the new lots would be at the base of a steep hill so if someone or something destroyed the forest cover on the upper slopes they just might have a problem. If you can't build on steep sloping land and you can't build at the base of a hill, where exactly can you build? Flat prairie farmland? Would that be better? This like all her other reasons were complete utter nonsense!

I could go on and on about the shortcomings of council's performance at the hearing but hope the above sufficiently illustrates the problem. All in all, I believe it was a shameful performance by every councillor in attendance and feel very strongly if you are not willing to do your job properly and thoughtfully examine the issues coming before you then you should resign and let someone else do the job. We as taxpayers deserve much better!

*Sincerely
Ed Pinchin*



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Most homeowners rarely think about their septic system until something changes.

A wet area appears in the yard. An odour shows up. A pump runs more often than it should. Water surfaces where it never has before.

When that happens, many homeowners immediately assume one thing:

'My septic system is failing!'

Sometimes that is true. Sometimes it is not.

CleanEarth Advanced Septic Systems was founded to help homeowners understand what is happening, why it is happening, and what practical options are available before making a major decision.

Based in Southern Alberta, CleanEarth takes a repair-first approach to residential septic systems. The company specializes in septic assessments, repair, restoration, soil rehabilitation, and new system design and construction when required.

"We design and build new systems," says General Manager Scott Douglas.

"But we also believe homeowners should understand all of their practical options before making a major decision. Replacement is always an option. The question is whether it is the only option."

That philosophy begins with assessment.

Every property is different. Household water use is different. Soil conditions are different. And septic systems can vary significantly from one property to the next.

CleanEarth's assessment process looks at the whole living system: the tank, field or mound, distribution, soil conditions, maintenance history, household water use, and any changes that may be affecting long-term performance.

The goal is to answer three simple questions:

- What is happening?
- Why is it happening?
- What options are available?

In many cases, those options may include monitoring, targeted repair, system restoration, upgrades, or full replacement where necessary.

For acreage owners, the benefit is simple: better information, better understanding, and better decisions.

Because when it comes to septic systems, knowledge leads to better decisions.

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Before You Replace Your Septic System, Understand Your Options.

Many septic systems showing signs of stress or water at the surface have options outside of replacement. The first step is understanding what is happening, why it is happening, and what practical options are available.



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STEPHANIE GILKER

What Makes Wine Feel Like Summer?

Every year around this time, wine drinkers instinctively reach for rosé. And while I appreciate a crisp glass on a sunny patio, I've always found it interesting that we tend to define summer wine by colour rather than character. Because what actually makes a wine feel like summer?

Some wines seem made for long evenings outdoors, fresh food, and conversation that continue well after sunset. Others feel more suited to colder months and heavier meals. The difference has less to do with temperature and more to do with energy. Summer wines are refreshing, but not always for the reasons people think. Acidity is often the secret.

High-acid wines create a mouthwatering sensation that keeps you coming back for another sip.

They feel vibrant and alive and they naturally complement warm weather and seasonal ingredients, this is why varieties like Albariño have become some of my favourite summer recommendations. Grown along Spain's Atlantic coast, Albariño often shows citrus, stone fruit, and a distinct saline quality that feels almost like a sea breeze in a glass and is one of the most versatile food wines you can open during the summer months.

Txakolina from Spain's Basque Country, is one of the most underrated summer wines in the world. Typically low in alcohol with bright acidity and a gentle spritz, it is a wine that practically demands sunshine, seafood, and good company.

Greece has indigenous varieties that I always recommend for summer sipping. Assyrtiko, particularly from Santorini, delivers citrus, minerality, and remarkable acidity. These wines somehow manage to feel both powerful and refreshing at the same time. There is often a subtle saltiness that makes them exceptional alongside seafood, grilled vegetables, or simply enjoyed on their own.



LEFT:
AlvinTE Albariño
Imported by Collectio Imports

RIGHT:
Maruxa Godello Valdeorras
Produced by Virgen del Galir

If Albariño tastes like a coastal breeze, Assyrtiko feels like standing on a rocky shoreline with salt in the air.

While Champagne often receives the spotlight, summer is an excellent time to explore alternatives such as Cava and Crémant. Both deliver freshness, energy, and versatility at a fraction of the price. They are equally comfortable alongside oysters, potato chips, fried chicken, or a backyard barbecue.

Of course, no discussion of summer wine would be complete without rosé, but I beg you to look beyond Provence. One of my favourite alternatives comes from Austria, where producers create rosés that combine freshness with a little more substance. Often made from Zweigelt, these wines offer bright red berry fruit, lively acidity, and enough character to move comfortably from an afternoon patio to the dinner table. They are less about sipping poolside and more about sharing over a meal, which is exactly how I prefer to drink rosé.

Perhaps the biggest misconception about summer wine is that red wine should disappear entirely until fall. Some of the most enjoyable summer bottles are actually reds served with a slight chill.

Beaujolais, Loire Valley Cabernet Franc, and lighter styles of Pinot Noir become completely different wines after twenty minutes in the refrigerator. The fruit becomes more vibrant, the structure softens, and the wine feels remarkably refreshing on a warm evening.

Ultimately, the wines that feel most like summer share a few common qualities. They are energetic rather than heavy. They refresh without being simple. They reflect places where people naturally gather around food, conversation, and long evenings outdoors.

Whether it is a coastal Albariño from Spain, an Assyrtiko from Greece, an Austrian rosé, a bottle of Txakolina, or a chilled red shared among friends, summer wines are less about style and more about feeling.

Cheers!

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

Photo Credit: Stephanie Gilker



Stephanie Gilker

saint wine society

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Never Too Old to Chase Another Finish Line

At an age when many people believe their best years are behind them, Otto and JR are preparing for something extraordinary: competing at the 2026 IVF Va'a World Sprint Championships in Singapore at 82 and 83 years old.

Their story isn't just about paddling. It's about perseverance, purpose, friendship, and proving that aging doesn't have to mean slowing down.

When asked if they ever imagined they would still be competing at the World Championships at this stage of life, both men offered humble responses.

JR explained that he was fortunate to be part of the first wave of older paddlers. As he aged, new age categories were added, allowing him to continue competing against athletes in his own age group.

Otto never really thought about it. "I was always into sports, and my first sport was paddling. I started racing when I was about 14 years old. Every year I tell myself this is the last time, but I still keep doing it."

Many people fear aging because they associate it with decline. But neither Otto nor JR see it that way.

"I never feared aging," says JR. "There are two ways to get to the top: 1) Be very good, or 2) Outlast everyone. I tried the first but never quite made it. Now method two is more attainable because I only need to beat other 80-year-olds."

Otto sees aging as a natural progression through life's stages. "When we're young, we can't wait to turn 18, finish school, get a driver's license, finish college. Then life becomes about staying healthy and independent."

At 82 and 83 years old, both men still train regularly. JR says simply, "I am addicted to the runner's high. Training is its own reward. Winning is a bonus."

For Otto, paddling has become much more than exercise. "It helps to have a hobby, and for me it happens to be outrigger paddling. We push each other, trying to keep up with

the younger guys while staying in good health and shape."

Both men also credit the paddling community for enriching their lives.

"We have a saying: the Ohana (family) of the Va'a (canoe)," says JR. "The support of the community has been a stabilizing influence for a long time."

For Otto, simply being on the water provides peace. "Going paddling helps me put all my problems aside and enjoy the day."

Neither journey has been easy. Two years ago, JR underwent major cancer surgery that resulted in the removal of half of one kidney. Soon afterward, he also had a knee replacement.

"The combination left me out of shape and very low on energy. I'm only now feeling like I'm making progress."

Yet each time he questioned whether he could continue, a new opportunity appeared.

"First Brazil, now Singapore. Somehow I always get back at it."

Otto admits there are moments when he questions whether it's worth continuing.



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"It's getting difficult to get in and out of the boat. But when I sit in the boat, everything is quiet and peaceful, and I enjoy it."

Perhaps the most powerful wisdom comes from what aging has taught them.

JR keeps a list titled "Things I Can No Longer Do Now That I Am 80." Then he works to remove things from that list. "Age makes you thankful for all the good luck you've had."

Otto believes adaptability is key. "As we age, life changes. We should be able to adjust and change as required."

And when they're out racing?

"I look like an old man on land," JR says with a smile, "but put me on the water and I feel young again."

For anyone who feels it's too late to get healthy, start exercising, or pursue a new goal, both men have a message.

"I started paddling in my 40s," says JR. "I kept getting faster until my 60s. Every stage has been rewarding."

Otto adds, "Age is only a number. One should keep going as long as they can. You're never too old to start something new."

JR shared one final piece of advice:

"Life is about putting pages in the book. When an opportunity comes along, say yes. Live life with no regrets—you never know when it will be over."

When friends ask what's next, Otto says: "This is my last Worlds... unless they introduce an 85+ category."

Their story reminds us that growing older doesn't mean giving up. It means continuing to write new chapters, embrace new challenges, and prove that some dreams don't have an expiration date.

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MORTGAGE MATTERS by Candace Perko

Mortgaging an Acreage

For many Canadians, owning an acreage represents the perfect balance between rural living and modern convenience. Whether it is a hobby farm, an equestrian property, a country estate, or a private rural retreat, acreage ownership offers space, privacy, and lifestyle benefits that are difficult to find in urban environments. However, financing an acreage can be more complex than obtaining a mortgage for a typical city home.

Lenders view acreage properties differently because they often involve larger land parcels, additional buildings, unique servicing systems, and varying marketability. As a result, borrowers should understand the financing requirements before beginning their property search.

One of the first factors lenders consider is the size of the property. In many cases, properties with up to 15 acres can qualify under standard residential mortgage guidelines, provided the land is primarily residential in nature and does not generate significant agricultural income. Properties exceeding 15 acres may require additional review, and some lenders may limit financing depending on the location, use, and

marketability of the property.

The property's intended use is another important consideration. Lenders prefer acreages that are primarily owner-occupied residences. If the property includes active farming operations, commercial activities, boarding facilities, or substantial agricultural income, specialized financing may be required. Each lender has different policies regarding hobby farms, equestrian facilities, and mixed-use properties.

Servicing is also a key component of acreage financing. Unlike urban homes connected to municipal water and sewer systems, rural properties often rely on private wells and septic systems. Lenders will typically require confirmation that these systems are functioning properly and meet local health and environmental standards. In some situations, additional inspections may be requested before final approval.

Down payment requirements for acreage properties are generally similar to traditional residential mortgages. Qualified borrowers may be able to purchase with as little as 5-10% down, depending on the property characteristics and lender guidelines. However, larger acreages, properties with agricultural components, higher valued properties, or those considered less marketable may require a higher down payment.

Because acreage properties are unique, appraisals play a particularly important role in the approval process. Rural appraisers must evaluate not only the home itself but also the

land, outbuildings, location, and comparable sales within the surrounding area. In some rural markets, finding comparable properties can be challenging, which may extend the approval timeline.

Qualifying for an acreage mortgage is generally similar to qualifying for a traditional residential mortgage.

Lenders will review your income, employment stability, credit history, existing debts, and down payment to determine affordability. Standard debt service ratio guidelines typically apply, although some lenders may conduct additional due diligence on the property itself due to its rural nature.

One of the greatest advantages of working with a mortgage broker when purchasing an acreage, is access to a wide range of lenders. While some financial institutions have restrictive rural property policies, others actively specialize in acreage, hobby farm, and country residential financing. A mortgage broker experienced with these properties can identify the lenders most likely to approve the property and secure competitive rates and terms.

Whether you are purchasing a small country property, a luxury rural estate, or a recreational retreat, proper financing guidance can make the process significantly smoother. Acreage mortgages require specialized knowledge, lender relationships, and an understanding of rural real estate markets.

Candace Perko, Mortgage Broker

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US PATENTS Part IV

ARE ALL PATENTS ON FILE IN THE US PATENT OFFICE?

Only those patents which have been granted by the US Patent Office or foreign patents which have been filed with the US Patent Office will be on file. For instance, if someone lives in Switzerland and obtains a Swiss patent for their invention and then files that patent with the US Patent Office, the Swiss patent will be on file and will be available to you when you have an initial patent search done. However, the Swiss patent by itself does not protect the invention in the US or anywhere outside of Switzerland. If the Swiss inventor merely files the patent in the US Patent Office; this has the effect of advising the US Patent Office that this invention has been patented in Switzerland. It does not grant protection under US or Canadian law to that invention. For this to occur, the Swiss inventor would need to apply for a US patent. If the Swiss inventor was successful,

the product would be patented in both Switzerland and the US.

WHY WOULD A FOREIGN PATENT BE RELEVANT TO THE US PATENT EXAMINER?

If you are applying for patent protection in the US or Canada, the patent examiner will need to know whether the idea is, in fact, unique or novel on a worldwide basis. If your idea has already been granted patent protection by Switzerland, then the idea is clearly not novel or unique on a worldwide basis. In that example, the patent examiner would likely reject your application on the grounds that your product or idea has already been patented. The fact that the invention has not received a US or Canadian patent will not make any difference, insofar as your ability to obtain a patent.

However, if you are concerned about infringement (i.e., being sued for patent infringement in the US or Canada); then the fact that the invention was patented in Switzerland and not the US or Canada would be of importance to you. A Swiss patent only protects the idea or product in Switzerland, but not elsewhere. Therefore, you would be lawfully able to manufacture or sell the product in Canada or the US, so

long as the product or idea has not been patented in Canada or the US.

WILL THE PATENT OFFICE CONDUCT MY PATENT SEARCH FOR ME?

The Patent Office will not conduct a search for you. You must request a firm involved in this type of work to complete this search for you.

In the next issue we'll get into when you should file a patent.

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The Telescope

One day, when I was a child, Dad brought a telescope home from work. Heavy, made of brass, it was a piece of official equipment from a friend who had been in the Royal Navy. I could peer into it and something lost in the blurry distance would come into focus, as clear as my hand.

I no longer have that telescope, but now, it seems, I have another telescope of sorts. It is a telescope-of-the-mind. I point it at an incident from long ago, and it comes sharply into focus. The details, the feelings are as clear as the day they happened.

Here is one such incident that brought back feelings of failure and shame. I believe everyone has these feelings of regret at some time or another.

My head surfaced again. I pushed forward for another stroke. Gasp! Thrust! Gasp! Thrust! Determination drove me on to the goal. I inhaled a splash. Spluttering and coughing, I did a frantic doggy paddle until I could grab the side of the pool. Panting and burping, I edged, hand over hand to the shallow end, clambered exhausted and nauseated up the steps and stood with my classmates. I had failed! We clasped our arms around ourselves, dripping and shivering, while our instructor wrote the results on her chart. At last she told us we could get our towels and go to the change room.

A few weeks later, in the school auditorium, I sat comfortably in the middle of the third row of grey canvas stacking chairs. The hymn had been sung, the reading read, the Lord's Prayer recited and it was announcement time.

"And now it is my pleasure," proclaimed Miss Pipe, "to award badges and certificates of merit to those girls who successfully completed the requirements for swimming proficiency – 25 yards of continuous breaststroke."

I relaxed. Hands in the lap of my green gingham school uniform dress, I settled back to daydream, thankful I would not have to go up on stage.

"Linda Spencer, Vivian Newby and Edwina Perkins, please make your way forward

onto the platform," intoned our headmistress.

Each girl obediently rose from her seat, sidled down her row, walked up the aisle, climbed the steep steps, shook hands with Miss Pipe, received her badge and certificate and made her way back to her seat.

I clapped politely for each one, secure in the knowledge I would not be called.

"Sally Cuthbert, Andrea McDonald and Sheila Batty," called our headmistress.

Suddenly blood flooded my face and sweat wet my palms. My legs trembled as I stood and grabbed the chair back in front of me. My brain fired in indecision and confusion. I inched along the row. The knees of the girls still sitting knocked into the backs of mine. Then I heard 'rrrrriip'. The large pocket of my school uniform dress was caught on the chair in front. I fumbled and finally unhooked it. The torn fabric hung forlornly. My embarrassment was complete!

I stood, alone, at ground level in front of the high platform. I could not climb the stairs and shake hands with Miss Pipe's hand, so, I craned my neck up, up and caught her eye. She looked down, down.

"I didn't do it!" I confessed. "I failed."

Her eyebrows rose in surprise. "You may sit down," she said.

I turned and began the long difficult journey back to my seat in the middle of the third row and sank into anonymity in that sea of girls.

Now, I come back to the present. I put away that telescope-of-the-mind.

Now, as a mature adult, I take up another 'seeing' instrument. It is the lens of God, the lens of truth.

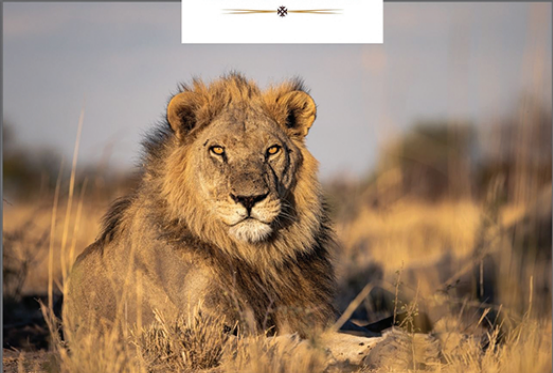
Now, I experience that day very differently. I was not a failure. I was loved by the Unseen One and not alone.

All those feelings of exposure, failure and shame of that long-ago event fade back into a blur and I have freedom in the present moment.

I take up my imaginary telescope once again and peer into the future. It is blurry. I cannot bring it into focus. But I take bold steps into it because Truth will now lead the way.

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

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OUT OF THE RUT by Kat Dancer

Chapter 191

Summer fun. Green fields, trees throng and wildlife aplenty. This is the season of fortunate abundance in our glorious foothills. As we meander through the month of June into July, the alternate showers and brilliant sunshine offer perfect growing weather and chances for stunning outdoor adventures.

This afternoon I spotted a young moose calf trotting purposefully east along my back fenceline. I missed the presumably earlier passage of Mum, but it's great to see these lovely animals still inhabiting the land despite the ever-increasing pressures of human invasion.

We do take over. In this beautiful land, such a unique slice of the planet, it's good to be reminded that we do not actually have dominion over everything. We are here to share and to be good stewards and support each other, whatever our language, number of legs, or style of clothing.

As I worked this afternoon with a youngish client and her equine friend, it was a delight to see the dawning reciprocal communication blossom. They are in a challenging place as the horse has been launched into complex demands without – to my mind – sufficient fundamental education and coping mechanisms. Of course, horses endure. They endure an incredible amount of human demands and unintentional abuse because many of us are not skilled in their language. With good education, horses learn human language, they may not be able to make sense of our madness, but they become equipped with the self-management survival skills necessary to live comfortably in our world.

Without said education, they struggle with confusion and slowly building distress until the 'sudden' onset of 'bad' behaviour. This is the tipping point at which the horse loses resilience and is forced to say No! I can't cope! I think this often happens with humans too, we go along with a lot for the sake of harmony, putting up with behaviours and demands in order to

keep the peace/keep our jobs/keep our relationships. For women, this constant compromise can take several decades to exhaust. Once the hormonal shift begins to take control of our existence, we are forced to recognise that survival of self is the most important aspect of life, without self, there isn't much left. We lose patience, lose interest in placating others, are frequently criticised by the male of the species, and often find ourselves sans partners as they are unable to cope with being asked to step up and accommodate demands which they have spent a lifetime being met for themselves by others.

Oops. Controversial language here. I speak from many years and continents of experience. Travelling amid different cultures, living in different places and working in different environments, I can attest to the continuing inequality that permeates most modern cultures. There are many advances, improvements and magical people making positive change everywhere...but there are many more who benefit from the status quo and make little effort to accommodate change.

Change is always uncomfortable. Make yourself uncomfortable once in a while.

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LAURA GRIFFIN

Oh Sweet Canada, Do Sparrows Like Soccer?

It seems that lately you cannot walk into an establishment without having the FIFA fever thrown in your face. Timbits have changed flavours, grocery stores have themed soccer sections and pubs are blasting out chants and futbol games. With 48 nations participating and three host countries it is not hard to find a nation to root for. Wandering through the woods to escape the soccer frenzy you might find yourself wondering at a very distinct sound emanating from the wilds, “Oh sweet Canada, Canada, Canada”. Don’t worry a soccer hooligan has not followed your tracks; you are listening to the very patriotic call of the small but mighty white throated sparrows returned from their winter territories.

I like to think the white throated sparrows are rather accommodating to birders compared to other sparrows. They have a lovely white throat, as the name implies, a white stripe on the top of their head, and very distinct yellow marks between the eyes and beak called lores. At almost



Photos by Jackie Sills

17 cm they are also a larger species of sparrow. The only tricky thing about identifying these sparrows is that they come in two morphs: one with bright white facial markings, the other with more tan facial marks. They are the same species however, and if you are lucky enough to spy a breeding pair, you might notice that opposites have attracted one another. Not because the colours are tied to gender, but rather because of behaviour. The white stripes are more bold and territorial while

the tan stripes are more calm and focused on parental care. This “negative assortative mating”, as science calls it ensures that the young get the benefits of both behaviours from their parents.

Speaking of young, the white throated sparrow is one of several ground nesting birds. They prefer to build their nest on or very near to the ground with a little vegetation covering it making it only visible from one side in forested areas near clearings. The eggs are incubated for just over a week and the nestlings hatch featherless and helpless, taking up to 2 weeks to fledge. This means that if you hear and see White throated sparrows (or any birds) near your soccer fields or dog parks you should be cautious about keeping the ball play away from the wooded edge and keeping the dog on a leash because often dogs can find and consume the young in a ground nest without the owners even being aware of the little snack break. If you hear the sparrow calling, “pink”, this is an alarm call. It maybe a parent trying to warn you away from the nest.

May you enjoy your soccer frenzy this spring, but in the spirit of cooperation, let us be mindful that our recreation areas can sometimes become nesting sites for our wild friends. Scans of the fields before we begin for ground nests and camouflaged fur babies like hares and deer can help both us and the birds continue our chants of, “Oh sweet Canada, Canada, Canada”.



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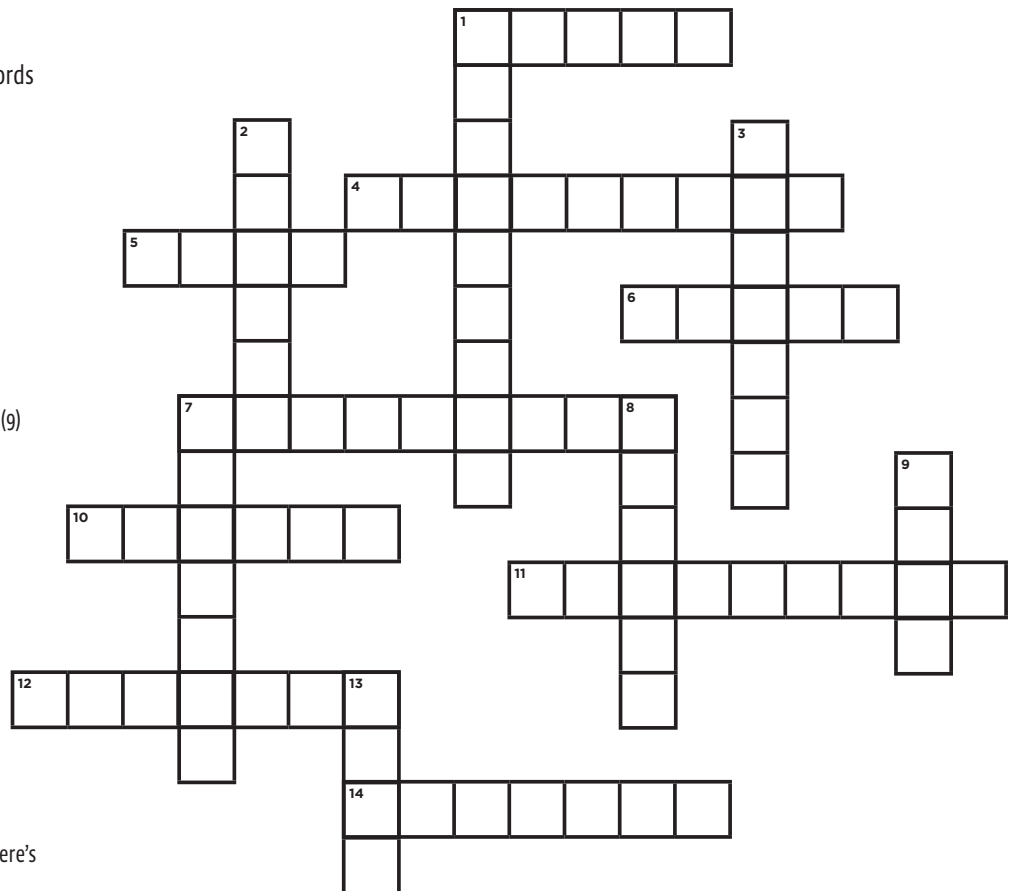
Use the clues below to fill in the words in the Canada Day themed puzzle.

ACROSS

1. Bigger than a deer or an elk (5)
4. July 1 celebrates this (6,3)
5. We fly this proudly (4)
6. This syrup makes pancakes sweet (6)
7. Our country is divided into these (7)
10. Keep your head warm with this (10)
11. Loud bright nighttime celebrations (9)
12. A collection of one dollar coins (7)
14. Where you go to get some sun (7)

DOWN

1. Alberta has some of the rockiest (1)
2. A national rodent (6)
3. Sleep outside in a tent (7)
7. Gravy, cheese curds, and fries (7)
8. Team Canada competes at these (6)
9. You might spend the long weekend relaxing at the? (4)
13. When it's summer we're grateful there's none of this white stuff (4)



ANSWERS: ACROSS 1. MOOSE 4. CANADADAY 5. FLAG 6. MAPLE 7. PROVINCES 10. TONIQUE 11. FIREWORKS 12. LOONIES 14. OUTSIDE DOWN 1. MOUNTAINS 2. BEAVER 3. CAMPING 7. POUTINE 8. SPORTS 9. LAKE 13. SNOW

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ROCHE HERBST

ADHD & MICROCURRENT THERAPY

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed before the age of 12 and lasts into adulthood. This means that you experience difficulties with sustained attention, controlling behaviours (acting without thinking of what the result may be), or be overly active and disorganized. Many adults have similar symptoms, but are often less severe as they age and their brainwaves adapt to be more present in the Beta state.

WHAT IS

MICROCURRENT THERAPY?

When most people hear the word 'microcurrent', they say: "Well, that's electricity... is it safe or is it going to hurt me?" "Is it like a TENS unit?" "Is it real medicine or just one of those alternative things?" Well, it's a very low level gentle electrical signal that helps to calm down any overactive brain signaling and it helps to support the body's natural healing communication. It's natural and safe. It's similar to the electrical signals that your body already uses to communicate and repair tissue and nerves. It works gently and over time.

IS IT THE SAME AS

NEUROFEEDBACK THERAPY?

No, they are not the same thing. Neurofeedback focuses on training brain activity by using feedback from different brainwave patterns. It uses real-time electroencephalography (EEG)

biofeedback data to measure brain activity that provides feedback to help people actively learn how to modify their brain function. Microcurrent therapy uses low level currents with targeted frequencies to stimulate the brain for self-regulation. It uses electrical stimulation through passive treatment to overwrite (decrease) the low-frequency Theta and Delta waves, which are often prevalent in individuals with ADHD.

HOW DOES IT HELP THE BRAIN?

Fundamentally, we look at ADHD through two different lenses. Firstly, there appears to be a lack of ability to generate and operate in Beta for people with ADHD. Typically, the brain's Beta wave may be the 'fight or flight' mode but it's also the state of mental concentration and attention. We go into Beta when we're working or concentrating, and it helps us to stay focused.

Gamma is the fastest of the brain frequency waves with the highest state of focus, peak concentration and optimal brain functioning. This microcurrent therapy is part of a growing body of studies that highlights the efficacy of non-pharmacological interventions. If

you struggle and simply can't focus, then manually slipping into Beta or Gamma may be a great treatment option - but it is not a cure. However, it is important to switch back into an Alpha state (relaxation) when you're done. You don't want to end your day in a Beta state!

WILL I FEEL ANYTHING?

It is a gentle and non-invasive treatment option. The electrical currents that are used to send signals to your brain are so tiny that you can't feel them. However, they can have a big impact on how your brain functions. During a session, a brush electrode for your scalp, conductive ear clips or conductive pads may be used. They send microcurrents to specific areas of your brain. It often works faster than traditional neurofeedback and can show results in just a few sessions. Great for people who need immediate help and with busy schedules.

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

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RED MOUNTAIN RIGGING, redmountainrigging.com 825.945.8733
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