

# HIGH COUNTRY *News*

*Serving the  
Communities of*

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



Calgary & Area | Serving You with Excellence | Urban & Rural



## Kevin Haller

(403) 990-6678 | [hallerrealestateteam.ca](http://hallerrealestateteam.ca)





204A River Ave.  
Cochrane, AB T4C2C1

@drmowercochrane

**Dan Smith**  
Owner/Operator

Ph: 403-932-9984  
dan@drmower.ca  
www.drmower.ca

## Moose Mountain Mechanical Ltd

- Plumbing & Gasfitting
- New Build & Reno's
- Hydronic Heating
- Residential & Light Commercial

Ian Greenhalgh  
Phone (403) 949-2522  
Cell (403) 471-4159  
ian@mmmech.ca

Box 59 Bragg Creek AB T0L0K0



*Candace Wray*  
Lawyer



*Paul Manning*  
Lawyer



*Erin Barvir*  
Lawyer



### *Services Offered:*

Adoption | Arbitration | Cohabitation/Prenuptial/Separation Agreements  
Custody/Access | Division of Property | Divorce | Guardianship/Trusteeship  
Mediation | Notary Services | Child/Spousal Support | Wills & Estates

*Cochrane lawyers serving the local community*

4209-101 Sunset Drive, Cochrane, AB T4C 0W7

T: 403.981.0700 | F: 403.981.0701

info@mountainvistalaw.com | www.mountainvistalaw.com

# BEFORE ANYONE CAN GET ELECTED, YOU HAVE A JOB TO DO.

**ENUMERATORS NEEDED  
APPLY AT ELECTIONS.AB.CA**



# HIGH COUNTRY News

**HIGH COUNTRY NEWS is published monthly by:**  
**High Country Business Services Ltd.**  
**Box 476, Bragg Creek, AB, T0L 0K0**

**Editor: Lowell Harder**  
**Reporting: Faith McLean**  
**Layout & Design: Anna Grist**

### ADVERTISING RATES:

FRONT PAGE Banner \$125  
Inside Cover Full Pg \$595 • Index 1/4 Pg \$170  
Index 1/3 Pg \$210 (Min 3 mth booking front/index)  
Full Page \$540 • 2/3 Page \$380 • Half Page \$290  
1/3 Page \$190 • 1/4 Page \$155  
1/6 Page \$115 • Business Card \$75  
\*1/4 hour layout included in ad rate  
Back Page Listing \$96/yr • Layout Charges \$60/hr  
Commercial Classifieds \$16/4 lines minimum  
For website advertising, call the office for a quote  
Discounts available on long term commitments  
GST NOT included in rates  
Subscription \$30/year • Circulation: 12,000

### IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>	
Springbank.....	9	
Bragg Creek/Redwood Meadows.....	10	
Priddis/Millarville/Red Deer Lake.....	28	
Black Diamond/Longview/Turner Valley.....	35	
<i>Articles:</i>		
From the Editor.....	4	
Letters to the Editor.....	4	
MLA Update <i>Leela Sharon Aheer</i> .....	6	
MLA Update <i>Cam Westhead</i> .....	7	
Finance 101 For Women: Part 2 <i>Robert Hughes</i> .....	8	
It's All In Your Head <i>Jennifer Gordon</i> .....	12	
Councillor's Update <i>Mark Kamachi</i> .....	17	
Postal Service <i>Bragg Creek Historical Society</i> .....	20	
Councillor's Update <i>Suzanne Oel</i> .....	22	
Cochrane Library.....	23	
High Country Rural Crime Watch <i>John Robin Allen</i> .....	24	
Councillor's Update <i>Jason Parker</i> .....	27	
<i>Lifestyle:</i>		
Does Landscaping Increase Your Property Value? <i>Wayne Chaulk</i> .....	38	
Business Profile <i>Open Heart Therapy, Inc.</i> .....	39	
Take Life To The Next Level <i>Duane Harder</i> .....	40	
ADHD Jobs & Careers <i>Roché Herbst</i> .....	41	
Mortgage Matters <i>Candace Perko</i> .....	42	
Through A Dog's Eyes.....	43	
Out of the Rut <i>Kat Dancer</i> .....	45	
<i>Classifieds:</i> .....		46
<i>High Country News Cover:</i> ..... "Autumn Storm over the Foothills", acrylic inks on print making paper © Barb Fedun		

**NEXT DEADLINE IS**  
**Sunday, July 15!**

We accept e-transfer, Mastercard & Visa

Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.  
No part of this publication may be reproduced in any way without the written permission of the editor.



**403.949.3526**  
[www.highcountrynews.ca](http://www.highcountrynews.ca)  
[highcountrynews@telus.net](mailto:highcountrynews@telus.net)  
Facebook: [facebook.com/highcountrynews.ca](https://facebook.com/highcountrynews.ca)  
Instagram: [@highcountrynews.ca](https://@highcountrynews.ca)



**Custom fertilization for horse paddocks, pastures & turnout pens**  
**Grassland Acreage Services Ltd.**  
Specializing in Horse Paddock Management • Grass Seeding & Overseeding  
Paddock & Pasture Fertilizing • Rototilling, Harrowing & Leveling  
Reclamation & Erosion Control • Rough Cut Mowing & much more!  
[grasslandacres@gmail.com](mailto:grasslandacres@gmail.com) Instagram icon  
**403.852.7131** Facebook icon



## From The EDITOR

**H**appy Canada Day!!! Canada Day seems to officially welcome our long awaited summer. I trust you will be able to take time with your family and friends and celebrate our truly remarkable country and culture. Congratulations to our students graduating from their classes, and good luck in your next steps as you prepare for work and/or studies next fall.

Regardless of the current issues of the day, there is no other country I would rather call home than Canada. I realize that I am biased, however I don't believe

any other nation has opened its borders, and given people the opportunity to succeed more than Canada. We are truly blessed to live in this great land.

Our national anthem has a statement that I would like to highlight: "We stand on guard for thee".

We often think of standing guard as a military point of view. But sometimes we need to stand guard for internal issues. It is often the internal issues of a country that cause its downfall rather than an outside intruder.

So as tax paying citizens how do we stand on guard? Become involved in your communities and the political process. We need voices that not only identify the concerns, but also show you are willing to work towards a solution. By doing this, we are creating

the foundation and framework for our communities to succeed. Ultimately we are working toward a common goal: to live peaceably with each other, have economic prosperity, and to raise our families, and live our lives in freedom.

*From our family to yours, Lowell Harder*  
For more from the Editor, visit [highcountrynews.ca](http://highcountrynews.ca)



## Artist PROFILE

Barb Fedun creates mainly abstract images in a variety of techniques and mediums. Heavily influenced by the surrounding foothills in which she lives, many paintings are landscapes. Her work can be viewed and purchased at the artist collective, The Studio & Gallery in Bragg Creek where she also teaches workshops.



## Letters To The EDITOR

### Bragg Creek 4-Way Stop Update

**I**n the June, 2018 issue of the High Country News our MLA, Mr. Cam Westhead, wrote an article titled "What would you say if your MLA didn't show up for work?". The opportunity does exist for Mr. Westhead to "show-up" for Bragg Creek by championing and securing the necessary funding and Alberta Transportation Capital Budget approval to construct the two proposed roundabouts as a replacement for the four-way stop intersection.

It is with some irony that in the same issue of the High Country News the Bragg Creek Revitalization Committee (BCRC) provided an update on the two proposed traffic roundabouts. As previously noted in that article, six years have passed since Alberta Transportation recommended the replacement of the four-way stop with two roundabouts. Over the past two years, the BCRC has aggressively lobbied our MLA and the Minister of Transportation (The Honorable Brian Mason) to have the two roundabouts funded and constructed. To date, the Alberta Government has not shown the level of urgency or commitment

that this vital infrastructure project deserves. This traffic infrastructure project was specifically highlighted in the December 2015 Bragg Creek Revitalization Plan, as a means to the sustainable revitalization of our community following the 2013 flood. The Revitalization

Plan is a plan developed based on significant input from the community and was approved and adopted by Rocky View County on December 8, 2015.

There is just over one year left in our MLA's term prior to the next Provincial election. In the absence of any meaningful progress relating to the funding and approval of the two proposed traffic roundabouts, the BCRC strongly encourages all users of the four-way stop intersection to make this a Provincial election issue. Additionally, the BCRC encourages

all other potential Provincial election candidates to support this vital infrastructure initiative.

*Michael Shea  
Chairman of the  
Infrastructure Sub-Committee  
Bragg Creek Revitalization Committee*



# Letters To The EDITOR

## New FireSmart Committee Aims to Improve the Safety of the Bragg Creek Area

Rocky View Council recently approved the new Bragg Creek FireSmart Committee with a mandate to address wildfire threats and community protection. The earlier FireSmart Committee in 2012 examined the Bragg Creek area fire hazards and provided twenty-seven recommendations. This restarted Committee will build on this excellent report by initially focusing on community consultation and promoting FireSmart activities to make our properties and neighbourhoods more fire resilient. (Read more at rockyview.ca - Bragg Creek's Wildfire Mitigation Strategy.)

The recent McLean Creek/Canyon Lake fire underscores the associated risk that comes with Bragg Creekers living in a wildland-urban interface setting. A big tip of the hat to Alberta Wildfire on the prompt response to contain and limit this fire to a relatively small area and impact. This fire illustrates the need for a combination of preventative measures and emergency related practices to protect our community – measures that the FireSmart program embodies (firesmartcanada.ca).

According to FireSmart criteria, most of the Bragg Creek area is rated “High to Extreme fire hazard”. In 2012, a survey of 140 properties by RVC Fire Services found that fewer than 10% were FireSmart. FireSmart programs have been demonstrated to provide greater fire resiliency to properties, leading to higher survivability to fires. While many people believe there is nothing they can do to protect against a wildfire, lessons learned from the Fort McMurray

preventing property loss and the spread of wildfire in a community. Home survival was not random or due to luck.

Your new FireSmart Committee is planning Communication and Education activities and resources to help you understand these risks better so that you can make choices and take action to reduce your risk. For example, we know we need to educate on vegetation management (reduction/modification of fuels) which can FireSmart and aesthetically benefit your property. We are also planning a “Chipper Day” (locating a wood chipper for disposing of branches and small trees) and a FireSmart demonstration day.

The FireSmart Committee members are: Councillor Mark Kamachi, RVC Fire Chief Randy Smith and seven concerned residents - Mark Betts, Peter Dwan, Jorge de Freitas, Roché Herbst, Michele Longo, Gary Nikiforuk, and Dave Rupert. Additional members at-large are George Hegmann, Rick Sukovieff, RVC Deputy Fire Chief Marcus Weckesser and Rebecca Innes (RVC Emergency Management Coordinator).

Preparing for the threat of wildfire is a shared responsibility. With the increasing severity of wildfires, we cannot rely solely on fire suppression to ensure our safety. We need to work together as neighbourhoods to become a more resilient and fire-resistant community.

Your involvement is critical! Here's what you can do to get started:

**Learn more.** Here's a good starting point: [wildfire.alberta.ca/firesmart/documents/FireSmart-HomeOwnersManual-Aug2016.pdf](http://wildfire.alberta.ca/firesmart/documents/FireSmart-HomeOwnersManual-Aug2016.pdf)

**Request a presentation for your group.** Contact FireSmart Committee Chair Gary Nikiforuk at [gknikforuk@gmail.com](mailto:gknikforuk@gmail.com) to chat about your group's needs.

**Join one of our committee meetings.** Meeting dates will be posted on Councillor Mark's Facebook page (until we get our own communication tools set up).

**Attend the July 11 Open House.** The RVC Emergency Agency will be holding an Open House at the Community Center to discuss emergency plans for the Bragg Creek area.

See you soon!

Your Bragg Creek FireSmart Committeeec





**BRAGG CREEK**  
403-949-3946

TAKE OUT MENU available!

“Great Western Cheer & Great Cowboy Beer”

- FRI JUNE 29 • JR KAQUITTS
- SAT JUNE 30 • KARAOKE
- FRI JULY 6 • AL BARRATT
- FRI JULY 13 • TBA
- SAT JULY 14 • BINGO
- FRI JULY 20 • KATIE ALLISON
- FRI JULY 27 &
- SAT JULY 28 • APACHE MOON

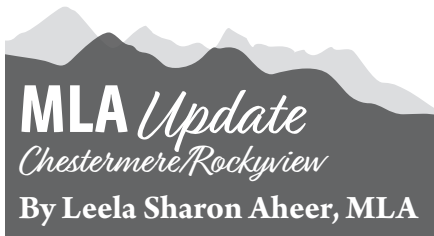
wildfire indicate that wind-driven embers ignited the vast majority of homes and that helping homeowners, and especially neighbourhoods, reduce the risk in the home ignition zone is paramount to

## Horse Stall Fronts & Dividers

# JONES FARM SUPPLIES

Black Diamond • 403.933.3206 • [jonesfarmsupplies.com](http://jonesfarmsupplies.com)



**MLA Update**  
*Chestermere/Rockyview*  
 By Leela Sharon Aheer, MLA

**H**ello High Country News readers! We hope you are enjoying this beautiful weather. I am sure you have seen all the articles that have been written with respect to the Springbank Dam. It has been very interesting reading the impressions of different media, other politicians, and various “experts”. There are a few fundamental things we have to keep in mind. The land that will potentially be expropriated will no longer be able to produce food, the water that is retained will not be usable, SR1 does not store water for drought, and it does not protect all the communities. These fundamental truths are things that need to be considered in amongst the fear mongering, the politics, and the various personalities that are involved. I am also a politician, so obviously please take my impressions and perspectives as simply that. All I know is that we need to apply some common sense here. We should never allow government to divide us. If the claims were legitimate, and the land was being purchased fairly, then we could look at this through a different lens. Flooding and drought are not just issues of damage control, these are emotional issues of loss of personal property, pictures, and other memorabilia. The Springbank Community Association sent an excellent submission to the Canadian Environmental Assessment Agency with points of consideration. The letter speaks very eloquently about the costs of the project and to quote from the letter:

*“All costs – economic, social, cultural, health and environmental should be considered, quantified and addressed in determining whether the SR1 is the right project for flood mitigation for the City of Calgary. We support flood mitigation efforts to protect the City of*

*Calgary, but we table the question ‘Is there a better project that doesn’t cause undo harm to one community for the sole benefit of another?’*

*As proposed, the SR1 places the overwhelming majority of economic, social, health and environmental costs and burdens on one community (Springbank) and county (Rocky View County (“RVC”). Conversely, all the benefits accrue to the City of Calgary. Perhaps it is time to consider options that may provide an opportunity for all stakeholders to benefit.”*

The government has failed to provide any real cost benefit analysis or any real information on other alternatives. We are no closer to any real mitigation, and we are no closer to providing the citizens of Rocky View or Downtown Calgary any relief for future events whether that is flood or drought. Our biggest asset is our people and our voices. The financial burden on the Rocky View taxpayers for the SR1 dam will be massive with respect to expropriated land, you will find that this cost has not been accounted for in the plan. There is loss in economic development, and there is no compensation in the plan for any environmental, social or health risks as a result of this dam. I guess there was no “social license” required to take this homesteading land from these land owners.

The bigger question, is why will the government not look into MC1? There were no geo-technical studies done until the Canadian Environmental Agency got involved. Why is that? What about risk of fire, and drought? This project does nothing to help retain water. Where is the social impact study? If you have not read the report, please do. It is vital that as a community we understand what is going on and that our voices are heard. There are over 3000 voices that have petitioned against this project, so your voices are very important. The supposed “unbiased” opinions of experts have not done any real comparisons between McLean Creek and Springbank Dam. The one study that was done, by the Dutch firm Deltares based on information given to it by the Government, did not even address the fact that the Springbank project is one-dimensional and does nothing to mitigate drought. Again let

us put this in perspective. The argument that the dam will remain dry is not true. They will have to flood it initially to test the infrastructure. It will take close to a month to release that water back into the river. This will happen every 6 or so years to test the viability of a flood event. In a flood event there will be silt, dead animals, rot, and all manner of debris in a flood event that can not be accounted for as the water sits while waiting to be released into the river. This environmental impact was not taken into consideration. Calgarians have every right to demand flood protection, I don’t think there is a single person who would dispute this, but the methodology is flawed at best and will not provide mitigation for all or water for drought, forest fires, or consumption. There is no hard data on Mclean Creek, and new data was not made available until 2017. It is time for Albertans to come together to solve this problem as stated by Lee Drewry in the Calgary Herald on June 16, 2018 (The pros and cons of building a Springbank dry dam). Critical infrastructure is needed, but to be short sighted not only elevates the problem, it creates more problems than it seeks to mitigate. Let’s do what is in the best interest of both Calgarians and those who live in Rocky View. There is a solution, and it does not involve the divisiveness of government. It requires Albertans demanding efficient and well thought out solutions that will elevate our communities, not tear them down.

*As always, we love to hear from you.*



**LEELA SHARON AHEER, MLA  
 CHESTERMERE – ROCKY VIEW**  
 Please support local business and Volunteer!  
 Volunteers and local business are the heart of your community!  
 We offer Commissioner For Oaths Services (free)

**Want to meet? Call us! 403-207-9889**  
 Constituency Office:  
 215, 175 Chestermere Station Way, Chestermere  
 Walk In: Tues. – Wed. 10 AM – 4 PM, Friday 9 AM -12 PM  
 Other times: call ahead for appointment  
 Chestermere.Rockyview@assembly.ab.ca  
 Find us on Facebook

**YOUR SUCCESS - IS OUR SUCCESS**

**CoVenture**  
 ACCOUNTING & TAX SOLUTIONS

ACCOUNTING      The Old West Mall, Balsam Ave, Bragg Creek      CONSULTING  
 TAX SOLUTIONS      success@coventure.com      BOOKKEEPING  
 INCORPORATION      **403.949.4243**      SAFETY TRAINING  
 BUSINESS ADVICE      START-UP SUPPORT

**www.coventure.com**

# MLA Update

Banff/Cochrane

By Cam Westhead, MLA

## Moving Towards a More Diversified Energy Sector

New jobs and more private investment will be just some of the benefits of a more diversified energy sector, thanks to three new incentive programs created through the Energy Diversification Act.

The legislation, passed June 6, includes three new programs that provide a combination of royalty credits, grants and loan guarantees designed to encourage energy diversification, like petrochemicals and partial upgrading.

In total the \$2-billion investment is available for private industry to apply for under:

- Round 2 of the Petrochemicals Diversification Program
- The Petrochemicals Feedstock Infrastructure Program
- The Partial Upgrading Program

The three programs are estimated to attract more than \$10 billion in private investment, support roughly 8,000 construction jobs and create hundreds more operational jobs.

Petrochemicals are Alberta's largest manufacturing industry, supporting roughly 7,600 skilled jobs and \$8.2 billion in exports every year. Round 2 of the Petrochemicals Diversification Program will build on the success of the first round and expand its scope.

The first round of this program in 2016 led directly to Inter Pipeline's final investment decision on its \$3.5-billion propane-to-polypropylene complex which is under construction in the Industrial Heartland near Fort Saskatchewan. At the peak of construction, an estimated 2,300 direct full-time jobs will be created and, once complete, the facilities will employ 180 people.

In order to ensure Alberta continues to have a strong supply of the building blocks needed for petrochemicals manufacturing, the Petrochemical Feedstock Infrastructure Program was created. It will encourage industry to move forward on the facilities and infrastructure needed to capture more natural gas liquids required for value-added development.

These developments could include new natural gas processing facilities, smaller projects built closer to wellheads or straddle plants, facilities that are built along major natural gas pipelines that can extract certain components during transportation.

Partial upgrading is a process that reduces the thickness of oil sands bitumen so it can flow through pipelines more easily, without having to be blended with diluent. This process increases the volume of the bitumen product as well increasing its value.

Partial upgrading would enhance oil sands industry competitiveness by reducing industry costs, increasing pipeline capacity and enabling more refineries to process Alberta bitumen products. It would not limit future opportunities for full refining within Alberta.

Supporting energy diversification means supporting good jobs for

working families and Albertans. We're acting to ensure Alberta is competitive for major private investments and to build an economy to last. This is an exciting moment to push Alberta's energy sector forward.

Sincerely,  
Cam Westhead  
MLA for Banff-Cochrane

## CAM WESTHEAD Banff-Cochrane MLA

Constituency Office  
102, 721 Main Street  
PO Box 8650

Canmore, AB, T1W 0B9

Phone 403.609.4509  
Toll-Free 1.866.760.8281  
Fax 403.609.4513

[banff.cochrane@assembly.ab.ca](mailto:banff.cochrane@assembly.ab.ca)

Please contact the office  
to arrange a  
meeting appointment  
in a location  
convenient  
for you.



Find Us On:    

# BREEZE OF COLOR

## Commercial & Residential Painting Interior & Exterior Large Drywall Repairs Ceiling Painting & Repairs Woodwork Refinishing

We are interested in both large and small projects.  
Feel free to contact Francois if you have any questions  
concerning our company!

We offer free estimates and are fully licensed.  
We look forward to meeting with you and earning your business!

**Francois Bradette, Project Manager**

[www.breezeofcolor.ca](http://www.breezeofcolor.ca) | 403.397.9698 | [francois@breezeofcolor.ca](mailto:francois@breezeofcolor.ca)

## Finance 101 For Women: Part 2

Here are ten steps that will help you take control of your financial future:

**1. Let knowledge overcome fear.** Knowledge is empowerment! The more you learn about money and investing, the more confident and successful you will become at managing it. Start by attending for-women-only seminars on finances, reading investment books, studying investment concepts, and attending adult education mini-courses.

**2. Manage your cash.** Get your income and expenses in balance by setting up a workable household budget. Also, put away the credit cards. This will put you in control of your spending and help you identify money you can save for the future.

**3. Find good advisors and work in partnership with them.** Nobody has to go it alone. There are professionals who can provide information, insight and recommendations to help you identify and achieve your objectives. The key is objectivity. Find someone who is knowledgeable and with whom you are comfortable. Look for someone who advises and helps to guide your decisions. Remember, it's your money, so final decisions are up to you.

**4. Establish goals.** Goals are blueprints of your vision of the future (e.g. sipping coffee on your beachfront veranda at age 65; watching your children or grandchildren graduate from college debt-free; a trip to Europe paid for by the golden eggs from your retirement "golden goose," etc.) To achieve these goals, you'll want to start saving early, and save as long as you can. Keep your own savings and retirement accounts, even if you are married. Once you know what you want, you can plan what it will take to achieve your goals. A good advisor will work with you to help you quantify your goals and develop a strategy to help achieve them.

**5. Identify your "risk tolerance."** This is your comfort zone for investing. It can range from ultra-conservative (you like savings accounts and GICs) to highly aggressive (penny stocks

and high-risk investments). Avoid investments that make you ill at ease. If your investments keep you awake at night, your money is in the wrong place. Work with your advisor to determine your current risk profile.

**6. If you are working with an advisor, do not abdicate financial responsibility.** Make building wealth something you do together. If you are married remember, "there are no guarantees. Your husband could die or leave. Get involved."

**7. Don't shy away from tough choices.** Sacrifices you make today can help pay for a solid standard of living tomorrow. Allocate at least 10% of your income for the future. Pay yourself first. When you write checks to pay your monthly bills, also write a check to your chosen investment account.

**8. Take your time.** Invest a little at a time to get your feet wet. This creates experience and confidence.

**9. Protect your value with disability and life insurance.** If you died, what would be the impact on your loved ones? Whether you are a homemaker or your household's sole support, your death or disability could have a tremendous financial impact on your family. Protect that value with insurance.

**10. Pass it on.** If you have a daughter, educate her about money, so the next generation can avoid the frustrations you may be experiencing.

Many men and women find money management boring. Learning about it and then practicing what you learn can take discipline. However, the knowledge you gain and apply is one of those must do things that is well worth the investment in time. Just do it. You'll be glad you did.

Contact my office to begin the process of getting comfortable with and in control of your financial situation.

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

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

### Robert M. Hughes FINANCIAL SOLUTIONS INC.



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

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



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



403-949-3250

E-mail: [robert@myfinancialsolutions.ca](mailto:robert@myfinancialsolutions.ca)

Website: [www.myfinancialsolutions.ca](http://www.myfinancialsolutions.ca)

Box 231, Bragg Creek, AB T0L 0K0



# Flood Mitigation for Calgary & Environmental Damage for Springbank

## Springbank Off-Stream Reservoir (SR1) Project Area:

7,000 Acres/2,833 hectares; Crosses under HIGHWAY 22 in two locations and floods Springbank Road west of Range Road #40.

Environmental Impact Summary – March 2018 The Government of Alberta (GoA) state in (6.4.2.2) Hydrology Mitigation Measures: *“However, because the Project is a mitigation for downstream flood damage, this hydrological interaction is intentional and required. Assessing the effect of the Project (or applying mitigation measures to change this effect) on hydrology under this context is not applicable because the Project is expected to operate whenever the hydrological conditions pose a downstream hazard.”* The GoA make it boldly clear SR1 is for downstream communities on the Elbow River and Springbank will be left to live with the environmental consequences.

### The Province continues to dismiss risks of groundwater contamination

PGL Environmental Consultants confirm there will be groundwater contamination. A 70 MILLION cubic metre load of floodwater is expected within the Project area. The GoA plan

to decommission and plug all wells within the Project area. There are multiple springs in the Project area where groundwater rises above the surface. It is groundwater that supplies springs and wells. All these areas where surface connection occurs between groundwater and dirty floodwater are high risk for contamination. The GoA cannot control these surface connections and they have no intention to mitigate groundwater contamination. The GoA also dismiss the need for any water-quality mitigation during flood and post-flood (6.5.2.2). Their sole priority is to protect one community downstream at the expense of others. Redwood Meadows, Kamp Kiwanis (est 1951), Tsuu T’ina Land and Springbank will be subjected to potentially irreversible environmental damage from SR1. To compound the problem, GoA proposes berming Bragg Creek for \$38M. Berming will channel and direct the Elbow River, while increasing flow and velocity aimed directly downstream at Tsuu T’ina Land, Redwood Meadows, Kamp Kiwanis and Springbank. Floodwater essentially becomes sandwiched between TsuuT’ina at both ends.

### The Province continues to dismiss air quality concerns

Technicians claim the diversion channel will be used every 7 years on average. The reservoir bowl will

permanently retain two to three metres of silt, sterilizing the land. Prevailing westerlies will pick up silt, jeopardizing air quality.

### SR1 is the wrong project in the wrong place


SR1 was hastily contrived and is misguided. The GoA boldly claim the “downstream hazard” along the Elbow River trumps any environmental damages to water and air caused by SR1. These natural resources are not expendable! Whereas a permanent dam at McLean Creek would store water allowing for control during floods and secure water storage for drought mitigation and wildfire suppression. A permanent reservoir at McLean Creek would protect Bragg Creek and all downstream communities including Calgary.

### The Natural Resources Conservation Board (NRCB) will receive public comment early next year


It’s critical for Springbank and surrounding communities to raise concerns about risks and potentially irreversible damages to our water resources and air quality. Risking public health and safety in one community to protect another is unjustified.

To obtain additional information, go to [www.dontdamnspringbank.org](http://www.dontdamnspringbank.org).

Contributed by  
Brian & Susan Copithorne



## CRAFTSMAN HOUSE BED & BREAKFAST



## Bragg Creek's Newest B&B

*at 24 white cres.*

*Archer's Antiques is adding a  
new member to the family...*

<http://craftsmanhouse.ca> | call/text: 403-949-3655

Reserve for friends and family  
and get 10% off your first stay  
if booked before Aug 1, 2018

## Creativity in the Creek

A group of artists are getting creative in Bragg Creek! The Studio & Gallery in Bragg Creek is the collaboration of several creatives who started this artist collective and is now 16 artists strong. Part of the initial purpose was to help bring back the reputation Bragg Creek had before the flood as 'the' place to go to find artisans. It seemed that since the flood, those seeking hand crafted artistic wares has fallen off considerably. And so, the artist-owned and artist-operated Gallery was born.

We are passionate about creating our various forms of art and sharing our processes to inspire and teach you to make your own creations. We share our passions through workshops, paint nights, creating with wool, 'painting' on stone, Paverpol sculpture and ongoing classes.

We make your art and gift shopping effortless fun! Customers buy directly from the artists eliminating extra costs. Each artist takes turns working in the

gallery and creating as they do so – a true artist's collective. On a nice day you'll often find an artist or two outside painting en plein aire and perhaps another sculpting in clay or stone. There is always a couple of artists creating while you shop!

Those in the neighbourhood may be surprised to learn that we are having our one year anniversary July 13! You are invited to come and enjoy some celebratory artistic fun and refreshments at our open house!

### FIRST YEAR ANNIVERSARY OPEN HOUSE – JULY 13, 2018

**4:00 – 9:00 pm • You are invited!**

**The Studio & Gallery in Bragg Creek  
#12 Balsam Avenue, Bragg Creek  
We happily share a building with  
The Heart Yoga and Café**

#### Who are we?

*Glass and resin art:* Maggie McNeil

*Fine art painters:* Andrea Slack: landscapes, seascapes and florals

Barb Fedun: interpretive, abstract inks

Cassandra Arnold: imaginative, impressionistic landscapes

Ray Swirsky: realism, landscapes and wildlife

*Fibre Arts and Wool:* Heidi Wesemann plus Heidi's Blind Nook Window Covering Specialist

*Sculpture:* One Penny Rock Sculpting: Frank Bitonti

Diamond Clay Studios: Donna Velcic

BiggArt Woodworking: Braden Biggart

Paverpol Sculpture: Michaela Calon

Natural mixed media creations: Mandy Squire

*Jewelry:* Butterfly Effect Studio, Zelda Bird: Goldsmith

A Little Forked Up, Marina Cook: Antique silverware

*Denim art, Upcycled:* Janet Ward

*Leather Work:* Pat McGraw

*Folk Art & Toys:* Alvis Doglioni Majer and Paola Romanelli

Barb Fedun

## Ruby May (Jackson) Norrie 1936 - 2018

Ruby May (Jackson) Norrie was born at home in East Angus, Quebec on May 9, 1936. She was the eldest of 8 children born to Denis Jackson and Mabel Goddard. In 1942 the family moved to BC where Ruby graduated from Creston Valley High School in 1954. After graduation Ruby enlisted in the RCAF and where she trained as a Medical Assistant graduating with Honors. A posting in 1956 took her to Cold Lake, then to #2 Fighter Wing in Grotenquin, France where she met her future husband Donald M. Norrie in March 1957. Shortly thereafter Ruby resigned from the Airforce to focus on life's most important role of raising a family, which she did superbly. For the next 35 years Ruby accompanied her family on postings to Cold Lake, Calgary, LaMacaza, Ottawa, Victoria, and eventually retiring in Redwood Meadows and Bragg Creek.

Ruby had many interests, none greater than time spent with family. A close second was her interest in donating her time and energy back to the community with the Sunday schools, Ladies Guilds, Cubs and Scouts, and

Girl Guides to name a few. Ruby's legacy will be in many forms but a standout was her ability to produce award winning quilts and knitting projects which she regularly donated to worthy causes. During the lean years she made nearly all of the family's clothes at night after the family had gone to bed. She was an excellent cook, and took many courses to learn the fine art of gourmet cooking.

One of Ruby's commendable attributes was her love for her fellow man. She accepted people for what they were – never judgemental.

On Friday, June 15th, 2018, Ruby Norrie after a brief illness, passed away peacefully in her sleep at the age of 82 years. Ruby will be forever remembered by her husband and best friend Donald, and their precious

children, Gordon (Susan), Brian (Kathy) and Susan (Mark), and by her grandchildren, Brett, Malcolm, Ruby, Nick, Molly, Mack, Christian, Ashleigh and great grandchildren Isla and Eva. Ruby will also be forever remembered by her numerous nieces, nephews, extended family and dear friends. Never forgotten, but forever remembered

Cremation will be followed by a private family celebration of life. In lieu of flowers or gifts donations can be made to the

Cochrane Humane Society.



*Thank You!*

The family of Joan Merryfield extend our heartfelt thanks to the community of Bragg Creek for making the Celebration of Life for our mother a wonderful success. We appreciate the support provided by the Bragg Creek Community Association, Bragg Creek Ladies Auxiliary, High Country News and everyone who attended the service.

*Marie Nylund, Jim Merryfield, Carol Storey and families*



## The Government That Alberta Growth Needs

Welcome to Alberta, the land of prosperity. But that wasn't the case for my neighbours' apple tree this year. An untimely frost caught the apple blossoms by surprise and stalled its growth for the season. A growing tree that has survived harsh winters, disease, and drought. It has done well and the family has eaten fresh apples right off the branches. They won't this fall.

The same is happening in Alberta. We've enjoyed the fruit of our labours for decades. Farmers, resource developers, builders, community groups, and service agencies have weathered the seasons and difficult conditions. Countless men and women have worked in bitter cold and under blazing heat to help this province grow. There is resilience here. But it just takes one misguided government to step too far into the orchard to put a halt to it all.

All too often those who make decisions on our behalf are forgetful, taking growth for granted. They shop in the produce aisle, taking their bags of apples, blissfully unaware that 'harvest' they are enjoying is the work of others. It is the result of a finely-tuned network of people who worked together, in just the right conditions, to grow something extraordinary. Governments can forget and get lulled into the belief that industry and prosperity are a given in our province. They're not.

Governments who are absolute in their ideology, self-righteous in their orientation, dismissive in their dialogue, and inattentive in their execution become forgetful. They stack the deck against prosperity and growth. They see the giving tree of Alberta and industry as an entitlement to exploit, not a resource to celebrate, nurture, and share. Free enterprise, that bedrock Alberta virtue, can withstand a lot. But an untimely or sustained effort to halt growth can do damage. It has and they have.

Take, for example, the new municipal planning framework in the Calgary region. New policies are getting tighter, with centralized planning restricting the organic, market driven, exciting growth that has made our cities and towns so successful. In the past, towns, counties, and cities created free enterprise policies that made conditions favourable to new innovative developments. From trendy

downtown boutique communities, to thriving shopping districts, and industry that employs thousands, each municipality has found ways to attract and retain business. This organic growth, driven by entrepreneurial Albertans and welcoming municipalities has produced some of our most beloved business assets.

But this, too, is under threat. The Calgary Metropolitan Regional Board is ensuring that there is less competition. They want uniformity of housing product in the Calgary region, and reduction of alternatives to where business can locate. They do not trust Albertan entrepreneurs driven by the marketplace to design and build amazing communities and business districts, as they have done for generations. Instead, they will approve what we can build, how our homes should look, and what tire shop goes where.

This top-down bureaucratic approach to growth is not what made Alberta an amazing province, and it's strangling our prosperity. Massive red tape, broken policies, intrusive legislation, and planning from above take a toll. Instead of producing fruit, industry will have to wait out this season. Worse yet, capital is fleeing the region for friendlier marketplaces like the United States.

Perhaps government needs a more heuristic form of education. Sadly, it will not be our rotund governments that lose out from a missed season of productive growth, but our committed Albertan families, the thinning services we've worked hard to create, and the people who drive our province forward - they will come up empty handed when the time comes to harvest.

But the Alberta story isn't over. We'll take our education, learn from this mistake, and step into our next season with new ambition. If governments return to the fundamentals of free enterprise, optimistic risk-taking, bold innovation, and care for the province we love, we will enjoy that elusive Alberta Advantage again.

*Bruce McAllister  
Executive Director,  
Rocky View 2020*

# WANTED



**CRIME**  
Legal advice without attitude

**ACCOMPLICES**  
Honesty, humour, approachability

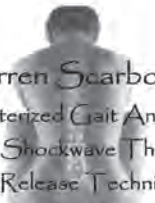
**REWARD**  
Quality legal services

**LAST SEEN**  
Bragg Creek, Priddis,  
Redwood Meadows, Cochrane,  
and The Alberta Foothills

**403-949-3339**  
[www.mavericklwa.ca](http://www.mavericklwa.ca)

## Bragg Creek Chiropractic Clinic

We are more than just bad backs!



**Dr. Darren Scarborough**  
Computerized Gait Analysis  
Radical Shockwave Therapy  
Active Release Techniques  
Chiropractic Manipulative Therapies  
Postural Correction  
Custom Orthotics  
Acupuncture

**Grace Michelsson, RMT**  
Massage Therapy  
Hot Stone Therapy

949-3953

# It's All in Your Head

Springtime and summer have arrived, which means kids are out there playing soccer, baseball, on their skateboards and riding bikes (hopefully the adults too!). There is considerable attention in the media right now regarding concussions. Recent studies have shown that the overall incidence of a concussion is actually higher than we thought. More importantly, we know now that the effect of multiple concussions is cumulative, and that a symptom free waiting period before returning to sport or more strenuous daily activities has a beneficial impact on recovery and repeat concussions.

To simplify, a concussion is a blow to the head. There are two distinctions regarding concussions: direct and indirect. A direct concussion is a direct hit to the head, as in boxing or hockey, or perhaps a crash off your bike where you land on your shoulder and head. An indirect concussion is more difficult to identify and understand. There is movement of the body and head but

inside your head, the brain gets thumped against the inside of the skull. There may or may not be a loss of consciousness. Both distinctions are considered concussions, with trauma to the brain, and medical attention is required.

It is important to be educated on concussions as an athlete and a parent. Being aware, understanding the signs and symptoms, and knowing how to manage concussions could have a significant effect on you or your child's cognitive abilities.

Research tidbits: A 2009 study in the Journal of Neurosurgery shows there is a period of vulnerability of repeat concussions within 7-10 days of the first concussion. This "second impact syndrome" is potentially life threatening and having over three concussions will likely result in some degree of cognitive impairment. A UBC research study showed that athletes with multiple concussions are 7.7 times more likely to demonstrate a major drop in memory performance compared to athletes with no previous concussions.

## How to recognize a concussion?

There are physical signs, clinical symptoms, potential changes in balance, cognition (memory), behaviour and sleep. Symptoms may include headache, nausea, feeling dizzy, blurred vision, ringing in the ears, poor concentration, feeling foggy and confusion. There may be a difficulty processing simple cognitive tasks such as counting backwards from 10 or knowing what you had for dinner last night. Sleep disturbances, drowsiness, irritability, slowed reaction time, depression, and balance loss may be some physical signs to be aware of. If any ONE OR MORE of these signs and symptoms are present after an incident, it is important to seek medical attention right away. Headaches are one of the most common symptoms after a concussive episode. They may be due to strain on soft tissue structures, nerves, muscles, joints in the neck or stress. Do not take a "sit and wait" approach. It is important to actively manage ANY symptoms following a concussion and seek medical attention.

If signs and symptoms worsen at any point, that is an indication there is

Construction      Loam      Aggregate



Mulch      **809-8949**      Debris



**JAREK'S**  
GARDEN & LAWN SERVICES  
**403.931.3492**  
PLUS IRRIGATION SERVICES, STARTUPS,  
YEAR END BLOW OUTS,  
AND MORE...

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

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

### OUR SERVICES

physiotherapy, massage therapy, acupuncture, IMS, custom foot orthotics and knee bracing, fitness programs, and more.



**Bragg Creek  
Physiotherapy**

*Your pathway to physical freedom*



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

increased pressure or swelling in the brain and is a medical emergency. It is not uncommon for symptoms to be delayed following a concussive episode; therefore close observation of the individual following the incident is essential.

**How to manage a concussion?**

*Knowing the signs and symptoms is the first step.*

The next step is to monitor the individual. This information is based on the most recent evidence from the Zurich Consensus on Concussions, an international conference of world experts. It used to be common practice to wake up the person throughout the night to monitor their symptoms. The latest evidence suggests it is important to rest and get sleep. Therefore, if the individual wakes up on their own – ask them questions and monitor their symptoms – otherwise, let them rest. This should continue for the next 24-48 hours.

The most recent research also recommends avoiding the use of medication. This is to prevent the masking any pertinent symptoms as well as potentially thinning the blood and increasing bleeding. It is recommended to avoid driving, activities that require alertness, and alcohol. The temporary reduced cognitive function may be risky. Following these guidelines will result in a safe and speedier recovery from a concussion.

**Returning an athlete to sport**

If an athlete so much as has a minor headache after a collision in sport, they will likely be removed from the sport for the rest of the day and monitored closely. This may also mean a loss of school time as well. The following six steps are recommendations from the Zurich Consensus for returning the athlete to their sport. 1: They need to be asymptomatic for 24 hours 2: They will then be tested with light aerobic exercise to see if any signs or symptoms return. This may be bike riding, a light jog or the elliptical. Light exercise raises the heart

rate and blood pressure and the athlete is monitored for how their system adapts. If all is clear for another 24 hours, they proceed to step 3: Increased intensity of activity – such as light strength resistance, running, jumping, plyometric exercises. If at any step there is an increase in any symptoms, you return to step 1, rest for 24 hours or until symptom free once again. 4: Introduce sport specific activity without any contact drills. Work on balance and coordination such as kicking a soccer ball across the field or stick handling the puck. 5: More aggressive drills are introduced, still avoiding contact. Play a full period, go hard, try to max out the system and see how the athlete tolerates it. 6: Introduce game play such as contact drills, one on one agility and skill drills. The individual should continue to be monitored closely. This six step process of returning an athlete to sport will typically take 7-10 days. 80-90% of concussions resolve in 7-10 days, but may take as much as long as 3 months to a year for full recovery.

Equipment is an important factor in reducing and avoiding unsafe collisions. Helmets for hockey, skateboards or biking need to be checked regularly for defects and cracks. Face mask screws and straps may loosen which can lead to extra motion and at impact, a concussion. Hockey face mask and chin straps should fit snugly to prevent the helmet from moving too much on the head. Helmets can significantly reduce injury risks when worn properly! If there is a direct blow to the head with a helmet on the helmet should be discarded as the internal safety mechanisms may be compromised.

With a better understanding of how to recognize and manage concussions, our athletes and kids will have a much safer and speedier recovery from this injury. We at Bragg Creek Physiotherapy wish you and your family a fun, safe and action packed summer!

Jennifer Gordon (BSc.PT, AFCL, BA Kin)  
 Physiotherapist, Bragg Creek  
 Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

## CRABAPPLE COTTAGE

There's No Place *like The Cottage!*

*summer sale, hot deals, cool summer prices!*

**INTRODUCING JJ Co.**  
 & Other Exciting New Lines  
 Fitting EVERY Beautiful Body!  
*every body is beautiful!*  
 It's too darn HOT, it's too darn HOT!  
*feel cool. look hot!*  
 sizzling NEW Arrivals For Everyone!

*let the  
Cottage  
Girls  
inspire  
you  
this  
summer!*

Fashion Stylists  
On Site!  
**FREE**  
CONSULTATIONS!  
*very cool ideas!*

*open daily!* The Old West Mall  
 2-27 Balsam Ave, Bragg Creek  
**403.949.4264**

If you have never experienced "The Cottage"  
 Follow & Like Us On Facebook & Instagram  
 Like so many of our valued clients already do!  
 @crabapplecottagebraggcreek

*small place. Big Destination!*

## ELBOW RIVER EXCAVATING & LANDSCAPING

Serving Bragg Creek & Area for 22 Years

**Bob Cat • Hoe • Trucking • Landscaping • Road Building  
 Rock Walls • Loam • Gravel • Trenching Water Lines  
 Utility Lines • Site Preparation  
 Tree Removal • Tree Planting  
 Post Pounding • Drainage  
 Snow Removal**



**Joe - 949-3227**  
**Cell - 899-4886**

## BRAGG CREEK PLUMBING & HEATING LTD.

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

[www.braggcreekplumbingandheating.com](http://www.braggcreekplumbingandheating.com)

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

# Banded Peak School Goes Dark

When Ada Oloworaran moved from Australia to Banded Peak School last year for grade six, she never expected she'd help organize a Dark Sky Festival for the entire community. "It's been a lot of fun," she says. "I've learned how light pollution affects animals, trees and humans."

The May festival stemmed from two Grade 5/6 curriculum units – sky science and electricity. The teachers stumbled across an online petition looking at the new ring road project in Calgary, and its lighting plan. They posed the question to their students – could the plan cause possible light pollution in the area? "We wanted a planned inquiry project for the students exploring the pros and cons of innovation," says teacher Leith Monaghan. "We looked at cross-curricular connections to research social studies and how to be a good citizen."



Ada Oloworaran, Banded Peak Grade 6 student, works to educate the public at the school's Dark Sky Festival. *Photo credit: Faith McLean, HCN Staff*

The festival included poetry, film, music, drama, dance, informational booths, and speakers. Guests even got the chance to step inside an astrodome and explore space up close. Oloworaran thinks light pollution isn't only an adult issue. "I think kids can really help more," she explains.

To see the petition, go to [change.org](http://change.org) and search for "protect the dark sky sites around Calgary."

*Faith McLean, HCN Staff*  
[faith@highcountrynews.ca](mailto:faith@highcountrynews.ca)



## LT EARTH SERVICES LTD

Full service excavation, trucking & septic



Member

**EXCAVATION** • foundations • trenching & plumbing

**TRUCKING** • gravel • rock • fill • loam

**ROAD BUILDING** • professional construction

**SEPTIC** • fully licensed for design, construction & maintenance



Alberta Onsite Wastewater  
MANAGEMENT ASSOCIATION

Professionally trained • full commercial & liability insurance • WCB

Neil Larocque 403-478-0050

## A Hummingbird Brings Hope: Celebrating Indigenous Peoples Day

Honored. Humbled. Enlightened. Those are just a few of the words participants used to describe how they felt after this year's celebration of National Indigenous Peoples Day in Redwood Meadows.

Around 50 residents shared in a potluck dinner while listening to Jennifer Leason, Keessis Sagay Egette Kwe (First Shining Rays of Sunlight Woman), Ph.D., as she traced her Indigenous roots.

Leason is Anishinaabe, and a member of the Pine Creek Indian Band. She spoke of travelling to her home community in Manitoba to research her history and the struggles of her ancestors.

She used the symbolism of a hummingbird to show how animals can teach people – specifically tying the hummingbird's ability to fly backward to humans' ability to look back on the past. The analogy, Leason says, can be

Redwood Meadows' Indigenous Awareness Committee founding member, Liz Erasmus (left) with speaker Jennifer Leason, Keessis Sagay Egette Kwe (First Shining Rays of Sunlight Woman), Ph.D., (right) at this year's National Indigenous Peoples Day celebration. *Photo Courtesy: Michelle Goulet-Barteaux*



applied to teaching Indigenous history. "It's OK to look back on our past," she says, "but not to dwell there. Keep moving forward for our kids. And their kids. And their kids."

Leason is an assistant professor at the University of Calgary. She is an activist for Indigenous women, studying maternal, child and reproductive

health. The Indigenous Awareness Committee of Redwood Meadows put on the event. The group formed after the flood of 2013, and works to bring Indigenous and non-Indigenous people together.

Faith McLean, HCN Staff  
faith@highcountrynews.ca



### ELECTRICIAN / HANDYMAN

**CALL KEITH: 587 894 2244**

Master Electrician - General Handyman - Small Load Hauling

Taking Care of Your 'HONEY-DO' List

KEITH WALTERS - celtic.kw@gmail.com

Celtic Electrical Services Box 1006, Bragg Creek, AB T0L 0K0

## Century Rock Masonry

All Types Of Stonework

Fireplaces • House Facings • Retaining Walls  
Patios • Garden Art • Repairs

David Andruko



403-819-5303



## Bragg Creek Insurance Services & Registries Office

Insurance Services Include:

Home & Farm  
Automobile  
Commercial  
Travel  
Specialty

Registry Services Include:

Motor Vehicles  
Corporate Returns  
Land Titles  
Vital Statistics  
Alberta Health



1 River Drive S, Box 537

Phone: 403-949-2599

Fax: 403-949-5646

www.braggcreekinsurance.ca

Come meet your team M-F 8:30am – 5:00pm!



## Hello Community!

Here at the Bragg Creek Community Centre, we wait all year for July to roll around, as it marks two of our favourite events: Canada Day in Redwood, and Bragg Creek Days here at the Centre!

Here's what will be happening for these two awesome, free community events and how you can get involved:

Canada Day at the Redwood House is happening on Sunday, July 1st and will include a Bike Parade, Stage Show, Indigenous Dancers, BBQ lunch, Tea

Party, Kids Games, and Fireworks! To get more details, or volunteer, you can contact the RMCA or email programs@redwoodmeadows.ab.ca

Bragg Creek Days at the BCCA is happening on Saturday, July 21st and Sunday, July 22nd! Saturday will include a Pancake Breakfast, Parade, Market, Midway, BBQ Lunch, Pie Eating Contest, Beer Gardens, and Live Entertainment! Sunday will include a fundraiser for Ride For Sight (Motorcyclists fighting Blindness), Show & Shine, Bike Games, Market, Beer Gardens, and Live Entertainment! Both days have FREE entry, and lots of fun activities for kids and adults. To sign up for a space as a vendor in the Market, for more details, or to volunteer, check out the BCCA website, or email outreach@braggcreekca.com.

For this year's 51st Annual Bragg Creek Days Parade, there is still time to enter your float! Fill out the entry form on the BCCA website and prepare to have your float judged by an esteemed panel of local parade connoisseurs (aka: your friends and neighbours). We are pleased to announce that long time community member, Jackie McLennan will be this year's Parade Marshall! Once again, thank you to the Bragg Creek Chamber of Commerce for generously sponsoring the parade this year! Please note, as per usual, on Saturday the Parade will cause a Road Closure along Balsam Ave and White Ave (from the Balsam Bridge to White Ave at Harwood Street – just before the Bavarian Inn) from 10:30am – 11:30am!

We hope you enjoy a warm and adventurous July around Bragg, and can't wait to see you for Bragg Creek Days!

Sincerely,  
BCCA Board of Directors





**REAL ESTATE PROFESSIONALS INC.**  
*Go With the Pros*

**SHARON BAYER, REALTOR**  
*Your local real estate expert!*

Sharon@sharonbayer.com | Cell: 403.554.8978

**WWW.SHARONBAYER.COM**




PROTECT YOUR FAMILY AGAINST  
RURAL PROPERTY CRIME

GATE INSTALLATION – MANUAL OR AUTOMATED  
LIFTMASTER GATE SYSTEMS

MDS D CONTRACTING

CELL 403-561-6896      OFFICE 403 949 4399

SERVING COCHRANE, BRAGG CREEK & AREA

### Foot Care In The Creek!

Clinics:	Thursdays at 6 week intervals
Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am -4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$30.00/session
Appointment:	Call 403.949.2133 for more details & to book appt for clinics. You will receive a call to confirm your appt.

\*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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

---

Upcoming Foot Care Clinics  
June 14 • July 26 • Sept 6

Foot Care Clinics are a Mountain Woods Health  
Services Community Initiative  
in collaboration with  
Care In The Creek Medical Centre  
& the Snowbirds Seniors Fellowship  
[www.mountainwoodshealth.com](http://www.mountainwoodshealth.com)





CHECKMARKK.CA



## Updates from Division One

### Let's get FireSmart - July 11th

With the 5th anniversary of the 2013 flood behind us I'd like to turn to FireSmart. That's not to say we are not continuing to move forward with flood preparedness, but the focus is now on one of Mother Nature's other wraths, fire.

In late May we had a wake up call. The wildfire we witnessed in the MacLean Creek area, only a few kilometres from Bragg Creek, was a reminder of what we face living where we do (besides angry squirrels, mosquitoes and pollen). Thanks to the quick response of emergency preparedness organizations, we were spared a tragedy. Sadly, other communities such as Slave Lake, Fort McMurray, Waterton Lakes and those of our neighbouring provinces were not.

Living amongst forests and grasslands comes with a huge responsibility. Let's face it, we're only a recklessly discarded cigarette butt or poorly extinguished campfire away from the massive destruction of our lifestyle. And with weather gurus predicting a long, hot-dry summer, preparedness is critical. So what can you do to help prevent or protect yourselves from a fire event? Get involved, get educated and implement the FireSmart program on your property and in your neighbourhood. You owe it to yourself, your loved ones, your neighbours and your community.

This is an initiative we all have to practice. And preach.

Personally, I've been trying to do this for a number of years: trimming back trees, clearing deadfall, removing other fuel sources from around my home. And I'm the first to admit that it's not easy. It's a ton of work. It takes a lot of time. It takes money. And it's a constant battle. But as I said, it comes with the territory and I'm trying to lead by example.

On Wednesday, July 11th at 6pm at the Bragg Creek Community Centre, Rocky View County Emergency Management and FireSmart Committee will be hosting an Open House. It will be a chance to find out what the RVC Emergency Management Plan is all about. It will be a great opportunity to ask questions and find out what's being done to help manage the wildfire threat we face year round. Remember, even this past December RVC had to issue fire advisories. So please spread the word about this life-saving event. Take a break from the barbecue as we'll be serving up free hot dogs and hamburgers. For information on FireSmart go to the county website and write "firesmart" in the search box. Please. Be safe.

*Cheers, Mark*

PS Have you signed up for RVC's Safe & Sound system? If not, please do so now.

COUNCILLOR MARK KAMACHI  
 @MARKKAMACHI  
CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA  
OFFICE: 403-949-3343  
CELL: 403-861-7806



**SCOPE**  
PROJECTS INC.

**Residential,  
Commercial and  
Recreational  
Planners and  
Contractors**

**Specialty Services  
include:**

**Landscape Master  
Planning**

**Pond and Creek  
Design and  
Construction**

**Excavating and  
Trenching**

**Retaining walls  
Earth Moving**

**949-2785**

Call us or visit our website  
at  
[www.scopeprojects.com](http://www.scopeprojects.com)

**Ron Peiluck M.A.**  
Managing Director

**Adam Vanderwoude**  
LAT



2018 Tunes for Trails was a huge success. All proceeds from the sell out crowd went to the GBCTA. Photo credit: Bobbi Fergstad

## Kenneth Yeo • 1919 - 2018

Kenneth Yeo was born on July 3, 1919 the second son of a prairie family living on the farm near Assiniboia, Saskatchewan.

Times were tough especially during the drought of the 1930s. Ken was only 16 when his Dad, a railroad engineer, died from blood poisoning. From that point forward, Ken took on a key role providing for his mother and 3 siblings. He worked on a custom combine crew all the way from the fields in Texas north to his prairie farm following the maturing crops.

When the Second World War started, Ken enlisted first in the Army then transferred to the Air Force where he trained as a pilot. He said that when Hitler heard that Ken and his crew were headed to the front, he knew it was over so that is why Hitler committed suicide and the war ended!

After the war, Ken studied Electrical Engineering at the University of Saskatchewan. Upon graduating in 1949, he searched throughout Canada and the United States for employment in his chosen field and landed at Hamilton Hydro where, over his distinguished career, he worked his way up from lineman to the position of Chief Engineer. During this time, he never missed a single day of work with sick leave, only one of the indicators of what a hard working, honest man Ken was.

While in Hamilton, Ken was an officer



in the Air Force Reserves. Mabel Wannamaker was also in the reserves working with Top Secret Clearance in security. This gave her the perfect opportunity to do a background check on the handsome young officer to see if he was single. They belonged to the same golf club and skied with the same group of friends and it was not too long before they became an item - and of course her renowned abilities as a great cook did not hurt either.

After almost 20 years of dating, Ken worked up the courage to ask Mabel to marry him which she did on June 12, 1982, just a month before he retired. Their honeymoon consisted of three months travel in Australia and New Zealand followed by six months travel by car across the United States before they finally decided to build a home together in Bragg Creek. Ken had flown over the area when he was in RCAF Pilot's

training and had always told Mabel this is where he would like to retire.

During their time in Bragg Creek, Ken and Mabel made many friends: downhill skiing, cross-country skiing and of course on the golf course. They were members at Wintergreen for 23 years and in 2007 at the age of 88 Ken finally got a Hole in One. Not to be outdone, four days later Mabel went out and shot one, too.

Ken was a life-long learner, taking continuing education courses in subjects that interested him whether it be sailing

or meteorology. He kept his mind active by reading and doing crossword puzzles. He had a thirst for knowledge that was compelling.

In his younger years, Ken had the good fortune of travelling to many countries when they were just opening to tourism so he had a great chance to see them before they were commercialized. That was when travel truly was an adventure. He and Mabel also travelled extensively together logging over 15 ocean cruises as well as 40 bus tours.

He liked to have a project on the go at all times - whether it be carpentry or working in his greenhouse. As you know their yard was always in immaculate shape with the aid of his trusty Craftsman tractor he had for almost 25 years. I am not sure if the tractor is a sign of his loyalty or frugality!

On almost a daily basis Ken walked from home into the Village to have his coffee and read the paper at one of the coffee shops in Bragg Creek. He kept abreast of current affairs and had an opinion on almost every topic. According to Ken, there has not been a good politician since CD Howe who brought us through the war with no debt.

This political commentary and more was free for the asking if you were lucky enough to be invited in for one of his now-famous Manhattans which he would share while sitting in a lotus position in his rocker/recliner with his loving wife Mabel right beside him.

Ken will be forever remembered and dearly missed by all who knew him.

*by Lamberta Maier and Judy Setrakov*

**BRAGG CREEK EXCAVATING**

### Excavating:

Backfilling, Trenching, Cat Work

### Landscaping:

Rock Retaining Walls, Rundle Stone Patios, Rock Work, Stairs

### Acreage Development:

Road Design & Building, Drainage, Ponds & Dams, Sewer & Water, Clearing

**John Lajeunesse • 949-2756 • 620-0250**

## SMALL ENGINE SOLUTIONS

Professional Small Engine Repair

*Providing Effective Low Cost Repair  
To All Types Of Outdoor Power Equipment*

*Serving Bragg Creek • Priddis • Springbank • Elbow Valley*

**For Pickup Call**

**Phone 403.949.3110 • Cell 403.991.3920**





SATURDAY JULY 21  
 PANCAKE BREAKFAST  
 PARADE  
 MARKET & GAMES  
 PIE EATING CONTEST  
 BEER GARDEN &  
 LIVE ENTERTAINMENT



SUNDAY JULY 22  
 RIDE FOR SIGHT  
 SHOW & SHINE  
 BIKE GAMES  
 MARKET  
 BEER GARDEN &  
 LIVE ENTERTAINMENT



## Bragg Creek Delivery & Courier

Don't feel like cooking?  
 Don't care to go out?  
 Have your favourite dishes  
 delivered right to your door!

We also offer:  
 Groceries · Food & Floral Delivery  
 Spirits/Cigarettes · Pharmaceuticals  
 Airport & Thu/Fri/Sat Night Shuttle  
 Weekly Dry Cleaning  
 Cochrane/Calgary

Shawn Fitt  
**587.579.3573**  
[braggcreekcourier@gmail.com](mailto:braggcreekcourier@gmail.com)

# BRAGG CREEK DENTAL

## MICHAEL D. CLANCY, D.M.D.

Our patients are our most important asset.

That's why we've developed our practice philosophy  
 and designed our office with you in mind.

We welcome patients of all ages into our family practice.

Our office is equipped with advanced technology  
 to provide you with the advanced care you deserve.

Let your smile be a sign of happiness and good health!

Call or email our office today to schedule a visit.



Box 608, 35 White Ave., Bragg Creek, AB T0L 0K0

403-949-2288 • Fax 403-949-2295

[bcdental@telus.net](mailto:bcdental@telus.net) • [www.braggcreekdental.ca](http://www.braggcreekdental.ca)

We direct bill to most insurance companies (some conditions apply)  
 We follow the new 2018 Alberta fee guide



McLennan Post Office Circa 1970

## Postal Service: “The Mail Must Go Through, No Matter What”

For over a century, dedicated Creekers have been bringing us the mail. Bragg Creek’s first postmaster was a man named Bill Graham who lived at S.W. ¼ 16-23-5, now just west of Saddle & Sirloin in West Bragg Creek. The Graham family had arrived about 1909, and by May 1, 1911, established the postal service, operating it from the kitchen in their large log house on a steep hill overlooking the creek. Once a week, Graham travelled to deliver and pick up the local mail from Jack Bateman, the postmaster in Jumping Pound. If the weather was good, he used a team of horses and a democrat wagon (or in the winter, a sleigh) but most often he went on horseback with a packhorse in tow.

Bill was not known for having a strong sense of direction (particularly if he yielded to the need for “antifreeze” on cold days) and sometimes required a search party when he got lost. History might be too rough on Bill, however, since the route to Jumping Pound could scarcely be called a “trail,” winding as it did through bush, muskegs and muddy creeks. In really wet weather, muskegs became dangerous bogs and the horses would often sink to their bellies. Considerable stamina was required by both man and beast for this rural postal route and job.

The Grahams left the area in 1918 so John Glenn operated the Bragg Creek post office for a short term from his home, in what is now the hamlet. Harry and Ida Mae White took over Glenn’s quarter section of land, the post office and carrying the mail. When the mail route was changed to Calgary, Harry drove his car. That is, whenever the roads were passable. Harry was known

to provide a detailed account of the thirty-mile trip, with every few miles landmarked — Chicken Flat, Chittem Springs, Belgian Horse Ranch Gate, Clem Gardner Gate and the infamous “six-mile stretch” of black gumbo (Hwy #8).

Some residents rode as far as ten miles to pick up their mail, filling White’s yard with saddle horses and teams tied to fences and trees while they waited. The mail was dumped on the floor in White’s living room, sorted, date-stamped, and then handed to residents who carried it home in gunnysacks and flour or sugar bags. Army kit bags were reportedly the best containers for being waterproof and having ties to loop around the horn of a saddle.

Politics came into play in the 1920s. The post office, the mail-carrying job and road maintenance through the Sarcee Reserve, were all services of the Federal Government and these plum appointments were awarded to people according to which side of the political fence they sat. If the Conservatives were elected, they offered the Whites these jobs; while the Liberals offered them to the Jake Fullerton family. For many years, the appointments juggled between these two rivals, causing hard feelings and severing long-time friendships.

Harry White died in 1925 and in July 1930 Ida Mae lost the home to fire. Neighbours and friends rallied and it wasn’t too long before she had a new one, the Wake Siah Lodge, still standing today on White Avenue. She built the small grocery store beside it, operated the first gasoline pump and ran the post office from this location (with a few interruptions) until her death in 1953.

Another long-serving member of the Bragg Creek’s postal crew, Jack Elsdon,

was awarded the mail-hauling contract in 1940. Horses were still a big part of the operation and used when the roads became impassable, which was often. Jack honoured his motto: “The Mail Must Go Through, No Matter What”, so the contract stayed in the family, without interruption, for more than thirty-six years. Gene Fullerton took over mail service in 1955, then Nellie “Jackie” McLennan operated the post office from her home on White Avenue and is Bragg Creek’s longest-continuous postmaster for close to 20 years, 1962 to 1980. She started with a drop-down wicket through the front door of the house, then had the first lock boxes installed, all fifty-six of them, on an outside wall within a window frame.

Jacquie Bishop was postmaster from 1993 to 2006, starting with a staff of one part-time employee, which grew to five. She was instrumental in keeping the lock boxes for residents during a time when Canada Post was closing rural post-offices and pushing rural community “green” boxes. The post office that we know today, built in 1985, operates close to 1,100 boxes.

*Michele McDonald*

*Sources: Calgary, Kew, Millarville, Priddis and Bragg Creek Historical Society, Our Foothills, 1975; Canada Post, Bragg Creek Post Office 1911 - 2001, 90th Anniversary Commemorative Flyer, 2001; Jackie McLennan, 2018 Interview; Jacquie Bishop, 2018 Interview.*

## 2018 Bragg Creek Parade Marshall Jackie McLennan

Jackie moved to Bragg Creek in 1955 after marrying Robert (Bob) McLennan. They knew the area well because Bob’s father Scotty was active in developing Ida Mae White’s land. Jackie operated the post office for many years (1962 – 1980) from White Avenue (now The CountryWood) and later ran an antique business, Homestead Antiques. Bob built a large number of the fine log homes in the area that are still standing. They had six daughters (including two sets of twins) and Jackie continues to live in her antique-filled, custom-built log home in Bragg Creek.

*Michele McDonald*



Bragg Creek Foods held their Fresh Giveaway 50 Second Shopping Spree on Sunday, June 17, 2018. The lucky winner was Clint Docken. CONGRATULATIONS Clint. *Photo credit: Bragg Creek Foods staff*



**Friday Night:**  
PRIME RIB DINNER w/ BAKED POTATO,  
YORKSHIRE PUDDING & VEGETABLE

**Saturday & Sunday: BRUNCH**

TRY OUR  
NEW KOREAN PORK/BEEF BULGOGI  
DINNER WITH RICE AND VEGETABLES

Hours | Mon-Sat: 9am - 8pm | Sun: 9am - 5pm

 403.949.3361 
  creekers.ca 
  sean@creekers.ca  
 20 White Avenue, Bragg Creek, Alberta T0L 0K0



# BRAGG CREEK DAYS

## CREEKERS WE NEED YOU!

---

### VOLUNTEERS

We need your help to make this years event awesome!

### PARADE ENTRIES

Calling all local Business Owners & Community Groups  
Let's see how creative you are.

### MARKET VENDORS

Showcase your Small Business at our Indoor/Outdoor Market Square


### PIE EATING CONTESTANTS

Adult and Kids competitions.  
Compete for bragging rights in this fun annual event.

---

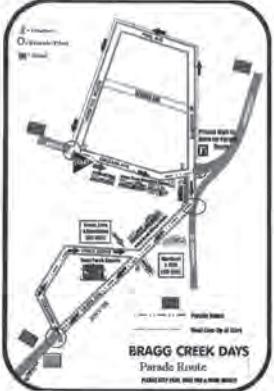
PROGRAM@BRAGGCREEKCA.COM





**NOTICE OF TEMPORARY ROAD CLOSURE**  
**BRAGG CREEK DAYS PARADE ROUTE**

Highway 758 (White Ave.) from the intersection of Highway 22 to Harwood Street  
July 21, 2018 between the hours of 10:30 AM and 11:30 AM



**BRAGG CREEK DAYS**  
Parade Route  
PUBLIC CITY ROAD, 2018 PARADE ROUTE



## Councillor's UPDATE

*M.D. of Foothills*

Suzanne Oel, Councillor, Division 4

**Recent WIDFIRE Event Review - Lessons learned:** From May 27 to May 29, 2018, residents in the west country of Foothills were on high alert for a pending wildfire that started early morning of the 27th, in the Champion Lakes – Maclean Creek recreation area, approximately 15 kilometres southeast of the intersection of Hwy 22 and Hwy 762. I first heard about the wildfire from residents who had seen smoke and were wondering what was going on, early Sunday afternoon. In the meantime, Foothills Fire was just being called in, as the wildfire was under the jurisdiction of Alberta Forestry at the time but had grown rapidly from 10 to 20 hectares in size. We sprang into action, with setting up our Emergency Coordination Centre and news went out through our local High Country Rural Crime Watch, Safe Communities Alert Network (SCAN), wildfires.alberta.ca, AEA app, and I kept my Councillor Facebook Page as current as possible throughout the days. Our Emergency Management team issued a voluntary evacuation order due to the uncertainty of the fire spreading, with winds forecasted at 100 km/hr from a cold front coming in and the heavy ground smoke affecting visibility for drivers and possible respiratory concerns for some residents over the period of a few days.

It was very nerve-wracking for people, and some residents moved their animals just in case of a turn for the worse. Tinder-dry conditions and a late leafing-out of trees this year in the west country led to the fire spreading rapidly to approximately 60 hectares in a short time.

At the peak of the wildfire on May 28, around 28 firefighter personnel worked tirelessly to reinforce a guard/fire break and continue suppression efforts with air tankers and helicopters doing bucket drops and dozers boxing in the lines. The Foothills Fire Department assisted in preparations along Hwy 762, from Hwy 22 to Hwy 549, by visiting residents and structures, to notify people of the situation and look for possible risks that could arise depending on location of homes and tree lines. Thankfully, Mother Nature cooperated by lessening the winds and sending in cooler temps along with some moisture. On May 29, news of the fire being contained and the state of emergency cancelled came as a huge relief to all. Provincial fire fighters continued to work for days yet on the site, while residents enjoyed a better night's sleep and hope for getting back to regular life.

It turns out the wildfire threat was an educational exercise for residents in being prepared for an emergency, rather than what could have been a devastating outcome. While there are likely differing perspectives on how this all unfolded, I think we can agree that our emergency responders do a great job and particularly in this case, we thank them for protecting us from harm! I hope that with some reflection about this event, too close to home, this will motivate us to get our own emergency plans in place and remind us to consider how to deal with people, animals and property in an emergency, whether from fire, flood, gas leak, or whatever. We can't always rely on someone else being there immediately for us, because the timing or scale of an event may be beyond the abilities of our departments to handle all the impacts of situations that can go out of control.

Throughout the event, people wanted to know what was happening and where to look for information, so they could assess their course of action. Here are some links to find Emergency Alert information and to be prepared in case of a future event:

- Safe Communities Alert Network (SCAN) on Foothills Website: [www.mdfoothills.com/emergency-management/emergency-alerts.html](http://www.mdfoothills.com/emergency-management/emergency-alerts.html)

- SCAN direct Website: [member.everbridge.net/index/1332612387832073#/login](http://member.everbridge.net/index/1332612387832073#/login). If you need any help with SCAN, there is a help line so that you can discuss your questions: 1.866.715.1911
- MD of Foothills Website emergency updates: [www.mdfoothills.com/index.html](http://www.mdfoothills.com/index.html)
- Become a High Country Rural Crime Watch Association member and receive info fan-outs: [www.hcrcwa.ca/membership.html](http://www.hcrcwa.ca/membership.html)
- HCRCWA FB: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch)
- Weather: [weather.gc.ca/warnings/index\\_e.html?prov=ab](http://weather.gc.ca/warnings/index_e.html?prov=ab)
- Rivers: [rivers.alberta.ca](http://rivers.alberta.ca)
- Wildfire: [wildfire.alberta.ca](http://wildfire.alberta.ca)
- Wildfire MAP: [wildfire.alberta.ca/wildfire-status/status-map.aspx](http://wildfire.alberta.ca/wildfire-status/status-map.aspx)
- AEA: [www.emergencyalert.alberta.ca](http://www.emergencyalert.alberta.ca)
- AEMA: [www.aema.alberta.ca](http://www.aema.alberta.ca)
- Cell Alerts: [www.alertready.ca/#home](http://www.alertready.ca/#home)
- Get Prepared: [www.getprepared.gc.ca/index-en.aspx](http://www.getprepared.gc.ca/index-en.aspx)
- FireSmart: [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

### Priddis & Fish Creek Stewardship:

After holding our inaugural meeting on June 14, 2018, we are enthusiastically moving forward as there is great interest in our community to learn more about our watercourses and how we might be active to look after them. We are starting with education about our area and would be happy to include you if you are still interested but have not been able to attend yet. For more info, please contact: [davidswann571@gmail.com](mailto:davidswann571@gmail.com)

*For Other News & Updates:  
Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[www.facebook.com/CouncillorSuzanneOel](http://www.facebook.com/CouncillorSuzanneOel)  
With Best Regards, Suzanne*

**Capture The Flag Paintball & Airsoft**

- Low Impact & Regular Paintball
- Airsoft
- Archery Tag
- Axe Throwing
- Nerf Adventures

[capturetheflag.com](http://capturetheflag.com)  
**403-932-9510**



## Medieval Day Youth (11-18) Writing Contest Deadline

The Cochrane Public Library's Medieval Day Youth Writing Contest deadline is fast approaching: June 30, 2018. Don't miss the opportunity to win a cash prize and be knighted by Medieval Day royalty if your submission is picked as the winner. Fiction, poetry, and non-fiction will all be accepted so start your research and get writing!

### ELIGIBILITY:

- Contest participants must be between the ages of 11-18
- Works must use at least one book and one online source for their work (either for research or for inspiration).
- Our library staff is happy to help you find sources! Come on in and chat with us!

### HOW TO ENTER:

- Bring your written work by the Library on or before June 30, 2018 during the Library's regular open hours.
- Include a cover page with the author's name, age, phone number, guardian's name, guardian's signature, and date.
- Limit one (1) submission per author.
- Include a bibliography outlining the sources used for research or inspiration at the end of the work.
- Work should be stapled, in a folder, or in a binder and submitted to the front desk of the library.

### CONDITIONS APPLICABLE TO THE SUBMISSION ENTERED:

The following conditions apply to the Submission entered:

#### Word Count

- Suggested word count 500 – 3,500 words.
- The word count includes "a," "an," and "the," but not the words on non-story pages such as the title page.
- Invented words are accepted.

### General:

- Only single author stories qualify (no co-authored stories).
- Stories can be fact or fiction, and prose or poetry.
- Stories must be original and written entirely by the author.
- Stories will be accepted in English only.

**Medieval Day 2018 is coming July 21!**  
#medievalday2018

WCB \* LICENSED \* INSURED  
Support Your Local Business

**HOT PEPPER®**

**FURNACE & DUCT CLEANING**

**403-888-2000**

[www.HotPepperFurnace.com](http://www.HotPepperFurnace.com)

**HOT PRICES - GREAT WORK!™**

HomeStars BBB A+ rating SATISFACTION Every Time GUARANTEED

**Summer Kids' Camp** **NEW** **FIELD TRIP Wednesdays**

Every Wednesday: field trip to Bear Valley Rescue for the kids to meet horses, goats, pigs, llamas and other rescue animals.

**A day camp for kids who love animals!**

**Monday to Friday 9:00 AM - 3:30 PM**

**★ Before and after camp care available if required at the Shelter**

<b>WEEK 1</b>	<b>JUL 9 - JUL 13: All About Animals</b>
<b>WEEK 2</b>	<b>JUL 16 - JUL 20: Working With Animals</b>
<b>WEEK 3</b>	<b>JUL 23 - JUL 27: Vets and Pets</b>
<b>WEEK 4</b>	<b>JUL 30 - AUG 3: Into the Wild</b>
<b>WEEK 5</b>	<b>AUG 13 - AUG 17: Vets and Pets</b>
<b>WEEK 6</b>	<b>AUG 20 - AUG 24: Working With Animals</b>
<b>WEEK 7</b>	<b>AUG 27 - AUG 31: Into the Wild</b>

**For kids in grades 1-6 \$195/CHILD for the 5 day week**

**TO REGISTER VISIT [cochranehumane.ca](http://cochranehumane.ca)**

SPONSORED BY **GLOBAL PET FOODS eat.play.love.**

**Meet. Adopt. Love.**

[f](https://www.facebook.com/cochranehumane.ca) [i](https://www.instagram.com/cochranehumane.ca) [t](https://www.tumblr.com/cochranehumane.ca) [cochranehumane.ca](http://cochranehumane.ca)

**Cochrane & Area HUMANE SOCIETY**

**20 years 1998-2018**

# HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. Our surroundings are not only beautiful but exciting too, as in a movie.

On Monday June 4, at 3:30 a.m., a Telus Corporate Security alarm indicated that one of their cables had just been cut. Turner Valley R.C.M.P. investigated immediately, and shortly after 4:00 a.m., on a nearby rural residence, an officer saw a stolen cable, approximately 300 metres long. The officer located and arrested two men there: 42-year-old Michael Brown of Millarville and 44-year-old Michael Pratt of Calgary. Both have been released to appear in court in Turner Valley on July 3, 2018. The police also recovered a stolen trailer on the property.

"Thefts of copper cable have been an issue in this area over the last year" said Staff Sergeant Dwayne Helgeson,

Commander of Turner Valley R.C.M.P. "Phone lines are a critical piece of infrastructure to the residents in this area and stealing this cable can put residents in a very bad situation, ... [so] we are pleased with the outcome of this investigation."

The next day, Tuesday, a traveling group of men representing themselves as a small paving company came to Ranchers Hill, west of Priddis. They had been appearing in communities throughout Alberta, Manitoba, Saskatchewan over the last few months, going door-to-door and telling potential victims they are a paving company with some left-over asphalt from a recent job.

After offering to do paving for a cheaper cost and completing part of the work, they get the victim to pay a large portion of the agreed price and say they will be back the next day to complete the job.

They never return.

The main suspect goes by the name Pat and is approximately 50 years old, 5' 8" tall, 175 lbs. with light brown hair.

Pat and his accomplice speak with an Irish accent and were last seen traveling in a white Dodge Ram truck believed to be stolen.

On a more cheerful note, in Priddis the following Saturday, June 9, the High Country Rural Crime Watch Association sponsored a fantastic talk by Kerry Sauvé on "Removing yourself and your property from the victim pool." The crowd was overflowing, and we learned much. Each attendee received a PDF copy of Mr Sauvé's 161-page book, *StreetSafe 360° Personal Safety Planning Guide*.

After the presentation, one of the attendees, a licenced security professional, suggested some further reading for persons interested: Locate to the Justice Laws website ([www.laws.justice.gc.ca/eng](http://www.laws.justice.gc.ca/eng)) and on that page, under "Frequently Accessed Acts" click to download a PDF copy of the Criminal Code of Canada. You do not have to read everything there, but the following sections are important:

Part I:

*Sections 34 (Defence of Person) and 35 (Defence of Property):* These deal with use or threat of force in relation to self and property defence.

**Cindy Wilson**  
Chartered Accountant

P.O. Box 898  
3 River Drive S.  
Bragg Creek, AB T0L 0K0

Bus: (403) 949-4947  
Fax: (403) 949-2252

**VERTEX**  
CARPENTRY

Peter Haar  
cell: (403) 470-0850  
land: (403) 949-8289  
peter@vertexcarpentry.ca  
Box 1178, Bragg Creek  
AB, T0L0K0




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

**www.treeworxpro.com** 24 HR  
Emergency Service  
Call Jeff Hughes at **403.554.2370**

**ACCURATE CONCRETE**  
CUTTING & CORING INC.

Let The Sunshine In!

WALK OUT / WALK UP SEPARATE BASEMENT ENTRANCES  
EGRESS BASEMENT WINDOWS & DOORS  
WALL & SLAB SAWING  
CORE DRILLING & FIRESTOPPING  
LEAKY BASEMENT SOLUTIONS  
SUMP PUMP INSTALLATIONS  
3D METALLIC EPOXY COATINGS  
RENOVATION PROJECTS

**LEONARDO PATINO**  
**403.966.8626**  
**403.949.8434**

INSURED. BONDED. WCB COVERAGE.  
[www.accurateconcretecuttingandcoring.com](http://www.accurateconcretecuttingandcoring.com)  
Residential & Commercial



Part III:

*Section 86: Careless Use of a Firearm.* This refers to safety of other persons.

*Section 87: Pointing a Firearm.* This is an indictable offence, even if unloaded!

*Section 265: Assault.* A definition of what constitutes assault.

*Sections 25 (Use of Force), 26 (Excessive Force), and 27 (Use of Force to Prevent Commission of an Offence):* Under what circumstances and to what extent is the use of force ever permitted?

*Section 494: The Power to Arrest:* Property owners may arrest a person without warrant, if they are committing a criminal offence on the property.

If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Thanks to the work of a few volunteers and a grant from Legacy Oil, membership brings these advantages:

1. It is free.
2. Members have no obligations.
3. Members receive regular notices of criminal activity in our area. The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our

membership about crime in this area.

4. New members who live in our area get a free High Country Rural Crime Watch Association sign.

5. We often have free sessions for members on a variety of subjects such as dealing with bears, security alarms, septic tank maintenance, etc.

The only disadvantage with membership is that if you are struthian (ostrich-like, with your head buried in the sand), you may not want to know about the reality of criminal activity around here.

To join, phone me at 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: [www.hcrcwa.ca](http://www.hcrcwa.ca). Our Facebook page has more information: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch).

So that's the news from the High Country where all the grown-ups are young at heart, and each child is smarter than all the other children.

*John Robin ('J.R.') Allen*  
Membership Coordinator, H.C.R.C.W.A.

### MOUNTAIN VIEW DENTAL HYGIENE



Keeping your smile healthy and bright through proactive oral health prevention and teeth cleaning services.

Magee Place  
4-220 Centre Ave. W  
Black Diamond AB

**403 933 7722**

**'Keep Your Smile For a Lifetime!'**

RMCA, Townsite Council, Indigenous Awareness Committee and Canadian Heritage PRESENTS ...

## CANADA DAY

BIKE PARADE 10:00AM

STAGE SHOW

11:00 - 3:30

Kids games and activities

**Indigenous art and activities**

TO VOLUNTEER

Please visit

the Redwood Meadows website for the sign up link

Or Email

[info@redwoodmeadows.ab.ca](mailto:info@redwoodmeadows.ab.ca)

Redwood Meadows  
**SUNDAY JULY 1**

LIVE MUSIC Aboriginal Dancers

BIKE PARADE (10AM)

BIKE DECORATING 9:30AM

BBQ & RANI'S RASOI

BIRTHDAY CAKE

Tea Party hosted by the Ladies Auxiliary

HENNA TATTOOS - FACE PAINTING

Redwood Fire department Slip and Slide

KID'S GAMES - bouncy castles

11:00pm FIREWORKS

**ABSOLUTE**  
Pest Control

## Pest Free Living Stress Free!

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

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

(403) 238 - 7400

[www.apcpestfree.com](http://www.apcpestfree.com)

[info@apcpestfree.com](mailto:info@apcpestfree.com)



Barrister & Solicitor,  
Notary Public

- SERVICES:**
- REAL ESTATE
  - WILLS  
*Including - Personal Directives & Enduring Power of Attorney.*
  - ESTATES
  - FAMILY LAW  
*Including - Divorce, Pre Nuptial & Co-habitation Agreements*
  - SMALL BUSINESS

# Linda A. Anderson

**25 Years Experience**

**403-243-6400  
403-949-4248**

[linda@lindaandersonlaw.com](mailto:linda@lindaandersonlaw.com)

Appointments available in  
Redwood Meadows & Calgary



## THE ITALIAN FARMHOUSE RESTAURANT

### Wanted Line Cook:

- Great Atmosphere
- Full or Part Time
- 1-2 years experience
- Fast Pace

STOP BY AND TALK WITH OUR CHEFS  
PLEASE BRING YOUR RESUME

for more information:  
[josef.wetheitalianfarmhouse.ca](http://josef.wetheitalianfarmhouse.ca)  
Cell: 403-606-7882  
Restaurant: 403-949-2750  
[theitalianfarmhouse.ca](http://theitalianfarmhouse.ca)



**We make life less taxing<sup>®</sup>**

**Our Members Pay Less Tax!**

Are you **FRUSTRATED** with your tax outcome?  
Wondering if you got **ALL** your deductions that are available?

**Call me now for a FREE second look!**



Tax Planning



Tax Consultation



Tax Preparation



Audit Protection

**Jeff Ryan | 587.583.5363 | [jryan@fbc.ca](mailto:jryan@fbc.ca) | [www.fbc.ca/our-testimonials](http://www.fbc.ca/our-testimonials)**



## Councillor's UPDATE

*M.D. of Foothills*

Jason Parker, Councillor, Division 3

### Additional Flood Readiness Funding for the MD

As I mentioned in my article last month, the province announced \$3 million in funding to go towards the provincial stockpile for emergency preparedness to be stored in the MD (info at: Emergency-Preparedness.JasonParkerMD31.com).

The MD received more good news on June 6th when the province announced an additional \$53,000 in funding to go towards flood readiness within the Foothills. We have not received an itemization of what will be included yet however, it is specific to the MD. Once I have further information, I will post it to my website.

### Millarville Racing and Agriculture Society (MRAS) Updates

Plans are well under way for building a new arena at the MRAS to replace the one that collapsed in March. The goal is to have a structure in place before the start of the Millarville Christmas Market in November. With the

timelines so tight and funds short, they are counting on community support now more than ever. The goal is to have a structure that is much improved over the previous and most importantly, safe for our families.

Council has supported the MRAS by agreeing to accept donations on behalf of the MRAS in order to issue tax receipts on donations above \$100. For more details on how you can provide your support and donate, contact the MRAS office at 403-931-3411. For more information on the arena project, visit: [www.MRAS-Donations.JasonParkerMD31.com](http://www.MRAS-Donations.JasonParkerMD31.com).

There is a lot happening at MRAS so be sure to take in some of the upcoming events:

- July 1st – 113th Running of the Millarville Races – There is no better way to celebrate our Nation's birthday. Whether you partake in the "Millarville Derby" and get dressed up in derby western attire, the multitude of children's events or just want to enjoy the excitement of the horse races, this event is great for the entire family!

- July 20-22 Millarville Heritage Rodeo – The Calgary Stampede is just a warmup for this event. Saturday will still have the regular Farmers' Market along with heritage and educational booths, loads of children's events and much more including family-friendly beer gardens.

- Every Saturday until October 6 is the famous Millarville Farmers' Market from 9am-2pm. Details on vendors can be found at the website below.

Details for all MRAS events can be found at: [www.MillarvilleRacetrack.com](http://www.MillarvilleRacetrack.com).

### Millarville Water Line update

On June 6/18, Council awarded the Millarville Water Supply Contract 2 – Pipeline tender to complete any mechanical upgrades to the water

treatment plant required for the pipeline to go from Turner Valley to Millarville. Both contracts have been awarded and construction is well under way. Approximately 4km of pipe have been installed and letters to provide further information have started to go out to residents able to connect to the line. If you are interested in connecting, be sure to contact the MD at the details included in your letter or at the main office at 403-652-2341.

The project has a planned completion of October 2018 weather dependant. The pipeline is to service the residents along the route between Turner Valley and Millarville in addition to residents of the hamlet of Millarville in this and future phases.

The project has been funded with Federal, Provincial and Municipal funds (a third from each). The municipal portion is to be cost recovered through connection fees.

### Municipal District of Foothills No. 31 or Foothills County?

Council is looking for your feedback on whether or not you would like to see a name change. Go to: [www.MD-or-County.JasonParkerMD31.com](http://www.MD-or-County.JasonParkerMD31.com) for information on why Council is considering the change and the link to the survey to complete to submit your opinion. The survey closes the end of June so be sure to get your vote in ASAP.

To be kept up to date on the latest in our area "Like" my page on Facebook at [www.FB.me/JasonParkerMD31](http://www.FB.me/JasonParkerMD31). Additionally, enter your email in the box on the top right corner of my website [www.JasonParkerMD31.com](http://www.JasonParkerMD31.com) to sign up to receive updates.

*All the best,  
Jason Parker  
Division 3 Councillor  
M.D. of Foothills No. 31*



**JAPCO Pest Control Ltd.**  
Serving Bragg Creek & Area  
Over 20 years experience



SPECIALISTS IN:  
• Commercial & Residential Pest Control  
• Hantavirus Clean-up

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

For a free estimate call 403-242-2467  
1-877-755-2726 or e-mail [info@japco.ca](mailto:info@japco.ca)

Member Pest Management Association of Alberta



## TOOL TIME

### HANDYMAN & CONSTRUCTION SERVICES

FOR YOUR HOME IMPROVEMENT NEEDS:  
RENOVATIONS, REPAIRS, MAINTENANCE & UNIQUE PROJECTS  
FOR ANY TASK...JUST ASK!

**Al MacDonald**  
**403-949-2349**

PROVEN QUALITY WORKMANSHIP,  
HONESTY & RELIABILITY



**B**ikers using the Priddis Hall parking lot during the week are asked to park at the west end of the lot. When a function is booked on the weekend at the Hall, signs are placed at the lot entrance directing everyone to park over at the library parking lot or on 186 Avenue West. Please put garbage in garbage bins. Mind the speed limit of 40 km along Priddis Valley Road as children are walking and biking to the playground at the Hall. Motorcyclists and bikers are out as well so be aware of them along Hwy 22X.

**Priddis Stampede Breakfast - July 8th:** Yahoo! The Annual Priddis Stampede Breakfast is from 8:00am to noon on Sunday, July 8th. The cost is \$5.00/person with children 6 and under free. Bring your family and join your neighbours for music, lots of activities for the kids and a great breakfast. If you would like to volunteer, please contact priddissecretary@gmail.com. See you at the Priddis Community Hall on July 8th.

**Priddis & Millarville Fair:** Mark your calendar for the 111th Annual Priddis & Millarville Fair, August 18th and 19th. It is at the Millarville Racetrack. Admission is \$5.00 a person, children 8 and under are free. Besides all the neat exhibits to see, there will be a petting zoo, wagon rides, Kid's World, and the Millarville

Farmers' Market. Don't wait. Start planning your entries. Many volunteers are needed so contact Suzanne Sills at 403.931.3411 for a great experience for our joint communities.

**Priddis Tennis Courts:** Tennis anyone? About 12-14 people have been coming out weekly (weather permitting) to practise and play at the courts. Lessons will be organized for those interested. Contact priddistennis@gmail.com and come out and join us. Residents that have an interest in playing pickleball should contact Charles Ruigrok (charlesruigrok@gmail.com) or by phone at 403.931.1619 for further information on equipment access and planned orientation sessions. Please remember that a PCA membership is required to use these courts.

**Priddis Early Learning Program (PELP):** Registration for the program at the Priddis Hall for next year is ongoing. If you are interested in enrolling your 3 or 4 year old in the Priddis Early Learning Program for 2018/2019 please email PELPpreschool@gmail.com. The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. The Director is Kate Berkan. She can be reached at 403.808.3988, email: kj.berkan@icloud.com.

**Multi-Purpose Building:** Priddis Multi-Purpose Building representatives canvassed the community door to door in April and May to inform neighbours what the Multi-Purpose Building is all about, answer questions, and get much needed feedback. The addition of this facility to the Hamlet will bring growth

and secure a future for Priddis and the business community. Priddis will be able to offer more recreational opportunities and make a stronger family connection with community members.

**Fundraising:** The Fundraiser held on June 1st at the hall was a huge success. Thanks to all sponsors, volunteers, donors, and attendees, we were able to raise \$28,000. for the project!!!

Please save the date, Friday, September 14th, for a fundraiser golf tournament at Wintergreen Golf and Country Club. More information will be posted on the website and social media shortly. If you have questions about the project or our upcoming fundraiser, please email priddismpbldg@gmail.com

Check the website [www.priddisalberta.com](http://www.priddisalberta.com) for more details on these events and project updates.

**Priddis Panthers Pond Hockey registration** on Sept. 11 from 6-8pm at the Priddis Hall. This is fun, non-competitive pond hockey for Boys & Girls with all levels of experience, for ages 5-17. For more information contact priddishockey@gmail.com or look on Facebook for Priddis Panthers Hockey.

**2018 Casino:** The casino is Thu, Sept. 20th and Fri, Sept. 21st at Century Casino, Calgary. This event is our main fundraiser and is crucial to running the Priddis Community Association. Still looking for a few more volunteers to fill some evening shift positions and spare personnel to fill in if required. If you can help us out, please contact Carmen and Wayne Heinen at 403.931.3875.

**Booking the Hall:** To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@



**HAVE MORE TIME FOR FUN THIS SUMMER!**

**We Can Take Care of Your LAWN!**

Fully Insured & WCB Covered

Book Before July 15, 2018 for:

**\$50 OFF\* LAWN CARE**

- Mowing
- Edging
- Clipping Removal
- Weed Control

\*Must mention this ad. Min 3 month booking

One Time Cuts Available

**Contact Conrad Today for a FREE QUOTE!**

**403-968-6967 | [bestbetlawn.com](http://bestbetlawn.com)**

gmail.com . Check the website [www.priddisalberta.com](http://www.priddisalberta.com) for availability and updates.

**Staying Connected:** Did you know that along with The Priddis Community Association's webpage we have a few Local Facebook pages to keep the community connected? These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- [www.priddisalberta.com](http://www.priddisalberta.com)

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Some opportunities on the PCA Board are still available. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website [www.priddisalberta.com](http://www.priddisalberta.com)

Have a great summer!

*Ed Osborne, PCA President*



# MOUNTAIN'S EDGE RENOVATIONS

**QUALITY... INTEGRITY... ATTENTION TO DETAIL**



## Complete Custom Renovations



WCB, Insured, Licensed, 2 Year Warranty





[www.mountainedgerenovations.com](http://www.mountainedgerenovations.com)  
**403-949-7727 or 403-461-2710**



**BIG TWIG tree experts**

*"No job too small, no tree too tall"*

24 hr Emergency Services  
**FREE ESTIMATES**

Weston Hornberger  
**403.401.3939**  
[BigTwigTreeExperts@gmail.com](mailto:BigTwigTreeExperts@gmail.com)





# FORTRESS

**ROOFING & EXTERIORS LTD.**

Est. 2001

Now located in the MD of Foothills  
**10% discount for Area Residents!**

Call us for a **FREE Estimate**  
**403-264-7844**

- Roofing
- Siding
- Cladding
- Gutters
- Windows
- Insurance
- Repairs

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

## Christ Church Millarville Preparing for Annual Flower Festival

The 56th Annual Flower Festival at Christ Church Millarville is scheduled to be held this year on Saturday, July 14th and Sunday, July 15th. With the generous help of the Millarville Horticultural Club, the church, the grounds and the cemetery will be beautifully decorated with floral arrangements, potted containers and hanging baskets. Donations of cut or potted flowers are greatly appreciated and should be brought to the church by 6:00 pm on Friday, the 13th.

The church was officially opened on May 6, 1896, and was built of Spruce logs. However, these logs were not laid horizontally as was common, but placed vertically side by side. This unusual construction caused some concern, as the local residents feared it would not withstand the Chinook winds. Well, not only did it pass a "three month" trial period, but it is still standing and active after 122 years! Services are held every Sunday under the leadership of Rev.

Alan Getty and Rev. Gordon Pontifex, Associate Priest.

The "tea" of scones, strawberry jam and whipped cream will be held in the Church Hall, or House, as it is more commonly called, which is situated on the same grounds as the church. It was built in the 1950s and is frequently used for various functions by the congregation and numerous community groups. This facility is wheelchair accessible.

Please join us for tea at this beautiful venue on Saturday July 14th from 11:00 am to 3:00 pm. The cost of the tea is \$6.00 for adults and \$3.00 for children under 6 years. Everyone, young and old and in-between, is invited!

Everyone is also welcome to attend our church service on Sunday at 11:30 am, as all floral arrangements will still be on display. Of course, you would also be most welcome to visit this historic church on any other Sunday as well!

Christ Church Millarville is situated on Highway 549 about 5km east of the Millarville Race Track between Millarville and Okotoks.

## 56th Annual Flower Festival

Christ Church Millarville

Sat July 14 &

Sun July 15, 2018

Tea Served on Saturday Only

11:00am - 3:00pm

Cost: \$6.00 • Children 6 & Under: \$3.00

Church Service: Sunday 11:30am

All Welcome!



# OK TIRE™

## Honestly driven.

### WELCOME TO OK TIRE COCHRANE.

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

#### FULL MECHANICAL SERVICES

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



412-1<sup>ST</sup> STREET WEST, COCHRANE AB. (2 blocks west of MacKay's Ice Cream)

PHONE 403-932-2086 info@oktirecochrane.com

[www.oktirecochrane.com](http://www.oktirecochrane.com)



Since 2004

### Moisture in your Windows?

- ▲ Moisture Removal
- ▲ Caulking
- ▲ Hardware Replacement
- ▲ Weather Stripping
- ▲ Glass Replacement
- ▲ Custom Glass Design

403.246.8805

[clearvucanada.com](http://clearvucanada.com)



# We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

## Upcoming Events and Programs:

### Qigong Drop In

Mondays at 9:30am

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness! More info, Darlene Abraham dhabraham@shaw.ca.

### Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

### Joyful Voices

Tuesday, July 3 at 10am

Location: Chapel

Join us on the first Tuesday of the month for a time of hymn sing, praise, and reflection in the chapel to be followed by refreshments and friendship.

### Stampede Pancake Breakfast

Sunday, July 15 at 9am

Location: Lower Hall

All welcome – for great food and a chance to visit with friends and neighbours. (We try to provide options for those with food concerns.) Stay to visit, after the breakfast, and head on up to the service at 10am.

### Introduction to Healing Pathway

Saturday, July 21 at 10:30am

Location: Multipurpose Room

Join us for a taste of healing within the Christian tradition that supports the healing process for physical, emotional, intellectual, and spiritual well-being. Highlights for this relaxing morning include learning to be a healing presence; experiencing a guided meditation; practicing gentle techniques to help your own healing process and that of others; and using your breath effectively. For More Information: janice@platinum.ca

### Craft Week

Thu, July 26 - Sat, Aug 4 • 10am-9pm Daily

Location: Lower Hall

Please join us for some fun and fellowship while working on your to-do projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

### Triple F

Saturday, July 28 at 12pm

Location: Midlands Link

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for -- food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

### Potluck Picnic Lunch

Sunday, July 29 After Worship

Location: Lower Hall

Sandwich fillings and fixings will be provided, along with beverages. Please bring something to add to our picnic lunch if you can. Everyone is most welcome – the Little Ones even have their own tables. A great chance to relax and visit.

For more info about our programs/events please call the church office or visit our website.

Your Friends at Red Deer Lake United Church  
403.256.3181, office@reddeerlakeuc.com  
Instagram @RedDeerLakeUC  
Sunday Worship: 10:30am, reddeerlakeuc.com

# ST. JAMES ANGLICAN CHURCH

Priddis Valley Road in the Priddis Hamlet

www.meotaparish.ca

Rector: Rev. Alan Getty • Associate: Rev. Gordon Pontefex

July 15th • 9:15am

HOLY COMMUNION

July 22nd • 9:15am

HOLY EUCHARIST

July 29th • 9:15am

HOLY COMMUNION

August 5th • 9:15am

HOLY EUCHARIST

August 12th • 9:15am

HOLY COMMUNION

Connect at Facebook.com/meotaparish and @meotaparish on Instagram



Let all the palm trees of the LORD stand in awe of him (Psalm 93:4-5)



Nothing gives us greater pleasure than enriching your soul on one of our life-changing safaris. With over 50 years of experience, we're the perfect match to create a custom-designed experience according to your desires, interests, budget and timeline.

Interactive Photography workshops, walking safaris, adventure trips, culture, family safaris, weddings, honeymoons, small group tours of 6 guests—11 African countries!

*Life-changing experiences; soul-enriching safaris*

EXPLORATIONS  
**AFRICA**

Dan & Antoinette

Cochrane AB—403 981 5558

info@ExplorationsAfrica.com

Www.ExplorationsAfrica.com



# TURNER VALLEY Times

**H**ello, Turner Valley. Well it's been a good start to summer so far. I checked the Farmer's Almanac for details on what our summer might be like, but what it said was summer will be slightly cooler than normal, with near normal rainfall, and September and October will be near normal as well. Maybe I didn't understand how to read it properly, but felt a little confused about the normal bit. As we've had floods, fire bans, and once snow in July, I wondered what normal meant. Oh well, not much any of us can do about the weather, so we'll take the nice days as they come as well as the bad.

A gentle reminder that Turner Valley and Black Diamond are at a Level II Water Conservation Schedule. Please adhere to the days and times that watering is permitted. Watering your lawn and gardens can take place between 6-9 am and 7-11pm only, for less evaporation. If your house number is odd, you can water on Thursdays and Sundays, and if it is even, you can water on Wednesdays and Saturdays.

If you love gardens and flowers, Millarville Christ Church is pleased to invite you to their annual Flower Festival on July 14th. They are located on Highway 549 East, by the turnoff to the Racetrack and also to the little café on the highway. For more information, please call 403-933-3620.

Bring your family to the 113th Running of the Millarville races on Sunday, July 1st. Races begin at 12 noon, and the gates open at 10am. General admission is \$10 at the gate, with kids 12 and under free. This century-long tradition is filled with activities that will entertain your family, such as: thoroughbred and other horse races with pari-mutuel betting, beer gardens, Millarville Farmer's Market, kids sack and 3-legged races, giant Jenga, money hill, and much more. The 3rd

annual Millarville Derby VIP is also on July 1st, with the tent doors opening at 11am. A fabulous opportunity to dress up in your own elegant take on "Derby Western". Get your tickets early, which includes entrance, a cocktail, lunch, and lessons on the ins and outs of horse racing. For more information, call 403-931-3411 or visit millarvillercetrack.com.

The Dr. Lander Memorial Swimming Pool is pleased to offer Crescent Point Pool Day at the Pool. There will be an open swim courtesy of Crescent Point Energy from 11-2, and 3-6 on Monday, July 2nd. The first 50 swimmers will get free Crescent Point swag! The Pool is located at 207 Main Street in Turner Valley.

Turner Valley Legion will be hosting their annual Stampede Breakfast on July 7th at 9:00 am in their parking lot. Friday the 13th of July will be their last Friday night buffet until the fall, as they close during this time to clean and organize. This year they are planning to build a separate pool room and conference room. Volunteers are always welcome in any way, shape, or form. And in September they will be hosting a Lobsterfest and Celtic Band, tickets are going to go fast for this event. For more information, please call 403-933-4564 or drop by the Legion in Turner Valley.

Jessica's Closet in Turner Valley will be running their General Market again this year every Saturday from 11-4. This is a lovely second hand store with not for profit status and are always welcoming new vendors. Drop by on Main Street across from the RCMP station or check them out on Facebook.

Ladies of the Foothills, dig out your fringe and boots to Cowgirl Up for the 11th annual Compassion Cup Golf Tourny on Monday July 13th at the Turner Valley Golf Course. The Foothills Ladies Compassion Cup has raised major money over the years to fund the

programs of local charities and non-profit organizations in the Foothills Region. They encourage sponsorship and players to come out for this fun and worthy cause. There will be a silent auction, banquet dinner and prizes along with breakfast, power carts, and golf. Please contact them at [foothillsladiescompassioncup@gmail.com](mailto:foothillsladiescompassioncup@gmail.com) for more information, to register, or for sponsorship.

The Rotary Club is holding their 27th annual Foothills Golf Classic on Monday, July 9th at the D'Arcy Ranch Golf Course. There will be lunch and registration from 11:30-12:30 with a 1:00 shotgun start. A Banquet Prime Rib Dinner and prizes follow along with a silent auction. Hole-in-one opportunities to win cash, cars, and much more! For more information, visit [rotaryfoothillsgolfclassic.eventbrite.ca](http://rotaryfoothillsgolfclassic.eventbrite.ca).

The kids are out of school on June 28th. Leighton Art Centre offers Art and Nature Summer Camps for kids aged 6-14. This also includes busing from Black Diamond. For more information, visit [leightoncentre.org](http://leightoncentre.org). The Leighton Centre is also hosting an exhibition called Bison, Bison, now until September 23rd. This exhibition was inspired by an icon of the West and celebrating the continuing existence of the mighty Plains Bison in Alberta. Experience the perspectives of 18 local artists as they portray this impressive creature in many styles large and small.

If you have any events happening July 30th - August 27th that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is July 15th.

*Happy Spring,  
Elaine Wansleben*



**EAGLE SEPTIC**  
*Your trusty specialist*

SEPTIC TANK & VACUUM SERVICE  
REPAIRS  
TOP RATES

BBB  
I.  
Member Since

P.O. Box 75135  
Westhills S.W.  
Calgary, AB T3H 3M1

SONNY J. LUSTY  
Tel: (403) 650-9436  
Fax: (403) 455-9752





Just under one thousand people registered for the Millarville “Run to the Farmers’ Market” Half Marathon Race. The event was supported by 180 race day volunteers. *Photo credit: Faith McLean, HCN Staff*

**Please Join Us**  
**Weekday Community Worship Service**  
**The Hub - Bragg Creek Shopping Mall**  
 This weekday church service will be held once per month, occurring on the second Tuesday of the month 10AM - 11AM

**A VERY MERRY KIDS SUMMER CAMP**  
 Join us for crafts, games, snacks, videos & stories from the Bible  
**Monday July 2 - Friday July 6, 2018**  
**9:00am - 12:00pm Daily**  
**Redwood House, Redwood Meadows, AB**  
 3 Hours of CAMP FUN! • For Kids Ages 4 - Grade 6  
 Children are welcome to bring non-perishable food items for our local Food Bank  
**FOR MORE INFO & REGISTRATION FORMS VISIT**  
**BRAGGCREEKCHURCH.CA**

**BRAGG CREEK**  
 community church

Out of water emergency service & water freeze ups  
 Water well systems (new, replacements, repairs & maintenance)  
 Well pumps, pressure systems, cisterns, stock waterers  
 Water well testing, inspections & troubleshooting, real estate & oilfield pump tests  
 Water sampling, well cleaning & well treatments  
 Water filtration (iron filters, water softeners, reverse osmosis & more!)

**Billy Baker**  
 403-992-2931 • [aquamule.com](http://aquamule.com)



Reach your local customers  
 Grow your business

Contact us TODAY to choose the perfect ad space for your budget and audience!

403.949.3526 or [highcountrynews@telus.net](mailto:highcountrynews@telus.net)



The Crib Club is over for the season, but the Writer's Group will carry on over the summer. The Crib Club will resume in September.

On May 15, the Minister of Culture and Tourism declared the day "Alberta Book Day". It was to celebrate our publishers and the contribution they make to the economic and cultural growth of our province. "Books are a feast for the mind", and without publishers, we would not have books to enjoy. If you were in Edmonton on that day, you could have dropped by the Federal Building and met some of these publishers. My job is to promote our library and all it has to offer, but if none of us never ever bought a book, the authors would have a hard time making a living. So don't feel guilty if you find yourself in line at your favourite book store.

The library is pleased to have lots of new books to offer you. One of them is *Trumpocracy: The Corruption of the American Republic*, by David Frum, a former White House speechwriter and columnist for Atlantic. It is a study, not of Trump's personality,

but of his power. It is a study, too, of the Trump presidency's enablers and supporters.

Another is the long awaited book by Kristen Hanna, author of *The Nightingale*. *The Great Alone* is a story set in Alaska in the 1970's, and is being made onto a movie. Hanna says she got the title's name from Robert Service's, poem, *The Shooting of Dan McGrew*.

Another new offering is *The Music Shop* by Rachel Joyce, British author of the book, *The Unlikely Pilgrimage of Harold Fry*. The story is of a record shop owner who has a gift for musical therapy. His shop and clients are battling a real estate developer for the right to stay where they are. It has all the whimsy and charm of her other books.

*Others in are:*

For Children: *Heal the Earth*, by Julian Lennon

Non-Fiction: *The Power of Kindness*, by Brian Goldman; *Lands of Lost Borders*, by Katie Harris

Fiction: *The 7th Suspect*, by James Patterson; *Love and Ruin*, by Paula McLain; *Cold Skies*, by Thomas King, author of *The Inconvenient Indian*.

Happy Reading!  
Sylvia Binkley  
sliv@telus.net

## Diamond Valley Celebration

Foothills families flocked to Black Diamond and Turner Valley last month for their annual Diamond Valley Parade and Discovery Day. Around 1,500 people joined in the fun, which included everything from a pop-up market to a Zorb Ball Collision Course.

Live music floated through the air at Millennium Park, joining delicious smells from food vendors. Kids flew kites and scaled a climbing wall, while adults checked out local artisans.

The Rhubarb Festival and Quilt Show was held in conjunction with Discovery Day, as well as the Valley Neighbours Garden Club plant sale, and Foothills Lions Club's Duck Derby. Organizers say the joint community event has been going on for at least 25 years.

Faith McLean, HCN Staff  
faith@highcountrynews.ca



Frankie the bull terrier takes a break during Black Diamond and Turner Valley's Discovery Day.

City, Town, Hamlet or Acreage

FOR SALE

**Ken Zacharias**  
403-253-1901

Toll Free: 1.800.387.4011

ROYAL LEPAGE

Benchmark

Cell: 403.607.7256  
Email: kenzac@shaw.ca  
Website: kenzac.com

*Bringing you home to Alberta for over 35 years!*



# BLACK DIAMOND Digest

Hello, Black Diamond. What a lovely start to summer we have had so far, nice hot days with some good thunderstorms mixed in. We had a great Parade weekend with beautiful weather and tons of people came out to enjoy the weekend's festivities. Let's hope for more of the same for all that our area has to offer this summer, starting with Canada Day and the Diamond Valley Music Fest.

The Music Fest runs Saturday and Sunday, June 30th and July 1st, at the Erma Joy Brown Park, which is up behind the Arena in Black Diamond. There will be two days of music and fun, with a market, kids activities, the Calgary Derby Girls, food vendors, a slip and slide street hockey tournament, and the Legion will be running the Beer Gardens both days as well. On Canada Day, the Legion will be putting on a Pancake Breakfast to kick off the day at 9:00, and there will be fireworks at dusk to celebrate. The Diamond Valley Music Fest runs from 10-9 on the Saturday and 9-8 on the Sunday. Come check out our very talented local musicians and artists and support some good causes. For more info, check out Diamond Valley Music Fest on Facebook.

Summer is also a great time for barbecues and block parties. A great way to get to know your neighbours is a block party and the Town of Black Diamond has information packages to help you plan your own. Drop by or give them a call at 403-933-4348.

Marv's Soda Shop annual Rock 'n' Roll Classic and Car Show will be held on July 29th, a Sunday as usual. Unable to hold the Classic in the parking lot this year, he will be moving the band, and his famous ice cream truck, up by the high school. The band this year is Peter and the Wolves, who will rock your socks off with classic 50s music. Dress up in your favourite Elvis, Marilyn, or 50s costume and bring your dancing shoes! For more information, Marv's number is 403-933-7001. The Car Show will be held in the blocks around Marv's. An organization called Thumbs Up Association is taking over the huge job of running the Car Show this year, and all proceeds will be donated to the Brain Tumour Foundation of Canada. Registration starts at 8am with a \$15 per vehicle registration fee, and general admission to the Car Show is by donation.

Also they are looking for a group to provide a community breakfast the morning of the event from 8-10:30. For more information, please contact Gerry Tofin at 403-931-2081 or email at thumbsupassociation@gmail.com. Marv's continues to bring business to our towns with his shop and this 11th annual event so come on out, see some antique cars and dance the day away!

The Bar U Ranch is pleased to announce free admission on Canada Day. They will be hosting Historical Places Day on July 7th, and will be also be hosting Cowboy Cuisine Heritage Meal and Tour on July 14th and 28th, and again in August on the 4th, 11th, 18th, and 25th, and September 8th and 22nd. Anyone tying up at the hitching rail was assured a meal and today's visitors can experience the same western hospitality. Savour the flavour in the historic Bar U Ranch Cookhouse dining room to discover how the ranch produced, stored, and served food. For more information or to book the Meal and Tour, the number is 1-888-773-8888. The Bar U is located about 15 minutes south of Longview on the Cowboy Trail.

The Foothills Lions Club Centennial Park Campground is open for business and they have done a really nice job fixing it up after the last major flood. Nestled on the banks of the Sheep River, the Park boasts 67 sites, with power, showers, dishwashing facilities, sani station, cook shelters, and more. Great for family and friends to come stay for a nice visit. The Lions do so much for our community, for more information, drop by the Park at 303-5th Street in Black Diamond, or call them at 403-933-5785.

School is out for the summer on June 28th. The Diamond Valley Boys and Girls Club offers Summer Camps for the kids, which are week long day camps. Each week has a theme, including Camp Sports, Swim, Carnival, Art, and River Rats Weeks. Camp runs from 8:30-4:30 each day with access to pre and post care available as well. For more information, give the Club a call at

403-933-4066. The Camps are for school aged children 5-12 years old.

AG Food Mart is excited once again to offer their Harvest Super Saver Program. This includes the Super Saver Booklet style flyer and additional coupon booklet, which is a great way for community organizations to raise money. One local community organization will be chosen to sell the Booklets in store through to October 18th with the potential to raise \$2000. Applicants can go online or in store and apply to Mark Muller before September 7th. The successful applicant will be notified by September 14th.

There will be a Makers and Growers Night Market this year in the Westwood Parking Lot. The event is pleased to have top vendors who grow and make their goods, and there will be a plethora of tasty treats, homemade goods, and arts and crafts from our many talented local artisans available, along with some music. The Market runs on July 28th from 4-9 at the Westwood, 115 Government Road in Black Diamond.

If you have any events happening July 30th - August 27th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is July 15th.

*Hope everyone has a great summer!*

*Elaine Wansleben*

## LIVINGSTONE MACLEOD CONSTITUENCY OFFICE

*Communities rich in history, natural beauty  
and fellowship.*

*Please feel free to contact our office should  
you have any questions or concerns!*



**Pat Stier, MLA**  
Livingstone Macleod



Toll Free: 1-800-565-0962  
Livingstone.Macleod@assembly.ab.ca

**Legislature Office**  
5th Floor  
9820 - 107 Street  
Edmonton, AB T5K 1E7  
Tel: 780-427-1707

**Constituency Office**  
Box 1209  
Suite A, 2019 20 Ave.  
Highway #2 North  
Nanton, Alberta T0L 1R0  
Tel: 403-646-6256 Fax: 403-646-6250





## Summertime at the Library

First off, thank you to everyone who supported our book sale on June 2 at Discovery Day. It was a roaring success. We have just about finished sorting through what remained, either sending the items on to Better World Books or to be recycled. We sold over 2,000 books, CDs and DVDs and had a wonderful time meeting and chatting with all who dropped by.

Time is fast approaching for our Summer Reading Program for children aged 4-10. This year's theme is "Feed Your Passions." Teagan is all set to provide a fun-filled hour of stories, crafts, games and activities. The first session, 10-11 am is for children aged four to six. A slightly longer session for seven to ten-year olds follows at 11:10 am. Summer Reading Program starts on Wednesday, July 4th and will run until August 22. The program will not be held on August 1. Instead, we have one of Marigold's summer students, Grant, coming out to do a Minecraft session which will definitely feed some people's passion. This will be an activity-based session for those who already know how to use Minecraft. We only have space for 12 participants, so please sign up soon. Laptops will be provided for everyone. For more information on our Summer Reading Program please go to our website or pick up the brochure at the library.

The bikes are back and are ready to be taken out on your card. There is a one-time waiver to fill out which covers you for the entire 2018 season. If biking is not your passion, but walking or hiking is, then perhaps the Sheep River Ramblers would be more to your liking. Now that the snow has melted off the hiking trails, the Ramblers are back in full swing. There are multiple walks and hikes scheduled every week for all levels and abilities. This is a great

way to maintain fitness, socialise and appreciate the wonders of nature at the same time. If you are interested in receiving the e-mails which detail the hikes on offer, then please call Gita at the library and she will add you to the list.

If you are more the couch potato type and like to laze the summer away in a hammock or lounger, we have the perfect books for summer reading. Whether it is a good thriller, mystery or romance, we can get you connected either physically or digitally. Recently, Marigold Library System staff were in to weed our adult fiction section, so it is not so cramped anymore and all sorts of treasures can now be found.

Even though we have only just cracked the door open on summer, fall is not that far off. As always, we will be presenting our Out Loud Series in October. The

line up of authors and performers is shaping up well. This year we decided to bring back an event from our very first Out Loud in 2012: Author's Among Us. We are hoping to fill the library with local authors who can display and talk to you about their work. There will also be public readings throughout the day. If you are a local author and would like to participate, please call Jan at the library (403-933-3278) to reserve your spot. We only have space for 24 authors. The event will take place on Saturday, October 27, 1-4 pm.

Remember, that in the next edition of the High Country News our Fall Program Guide will be printed on the centre pages. This will detail all our programs running from September to December including the Out Loud Series.

Jan Burney



**Acreages • Driveways • Pathways**  
**Resurfacing • Parking Lots**  
**Parking Pads • Patch & Repair**  
**FREE ESTIMATES**  
 Kevin Rediger  
**403.651.1900**  
[www.bulldogpaving.ca](http://www.bulldogpaving.ca)



*Chicken like Grandma used to cook!*

**Jerry & Nancy Kamhuis**

- Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!
- Raised locally, with great nutrition including organic minerals and vitamins!

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

*Fundraising opportunities also available*  
**Ask us about our loyalty rewards program!**

Contact us at [orderdesk@countrylanefarms.com](mailto:orderdesk@countrylanefarms.com) • 403.934.2755  
**COUNTRYLANEFARMS.COM**

## Car Show Revs Up In Black Diamond

Grab your keys and start your engine – it's time for this year's Black Diamond Car Show. On July 29 from 10 a.m. to 5 p.m., at Oilfields High School, you can check out all of the vehicles in the show, and enjoy entertainment, music and food. Registration starts at 8 a.m., and the cost is \$15 per vehicle. The first 300 drivers who pre-register for the show will receive a limited edition t-shirt.

General admission is by donation, benefitting the Thumbs Up Association and the Brain Tumour Foundation of Canada. The show is in its eleventh year, but this is the first year with new organizers, who have a personal connection to the cause.

27 Canadians per day are diagnosed with a brain tumour. Donations help provide emotional support, raise awareness, and find a cure. For more information on the Thumbs Up Association and car show, visit the Facebook Page, "Black Diamond Car Show."



Cool cars like this will gather in Black Diamond July 29 for the town's annual car show. This year, the proceeds will benefit the Thumbs Up Association (see license plate), which helps fight brain cancer. *Photo credit: Faith McLean, HCN Staff*

Faith McLean, HCN Staff  
faith@highcountrynews.ca



**FREE ESTIMATES • QUALITY GUARANTEED**

**RESIDENTIAL • NEW CONSTRUCTION  
RE-ROOFING • INSURANCE CLAIMS**

*We do our work with pride*

**403-542-2592**  
**www.dazaroofting.com**

**DON'T MISS OUR  
SUMMER RENO SPECIAL AND  
NEW REBATE PROGRAM!**

**SUPERIOR QUALITY & DEPENDABILITY  
YOU CAN COUNT ON**

- Home design, construction, and renovation experts
- Exterior/hail damage repairs (roofing, siding & more)
  - Insurance claims support
- Registered contractor with the Energy Efficiency Alberta "Home Improvement Rebate Program"

---

**SIONI CUSTOM HOMES LTD & EXTERIORS**  
403.815.8605 | sioni@telus.net  
**WWW.SIONIHOMES.COM**

# Does Landscaping Increase Your Property Value?

Landscaping can add tens of thousands of dollars to the value of your property. For large luxury properties it can add significant added value. In fact, it is one of the few home improvements you can make that not only adds value immediately, but also increases in value as the years go by. While interior decor and design concepts regularly go out of style and mechanical systems wear down, plants and vegetation grow fuller and more robust as the years go by enhancing properties and offering much enjoyment to the owners.

A well-landscaped home and property has a significant price advantage over a home with no landscaping or minimal landscaping. The advantage range depends on the type of landscaping and the home's original value. There's more to landscaping than sticking some flowers and a couple shrubs in the ground, however. The number-one thing that buyers are looking for in landscaping is a sophisticated design. Close behind is plant size and maturity and attractive usable grassed areas. A lesser factor, but one still worth considering, is the diversity of plant and tree life within the landscaping design.

Furthermore a well designed and integrated entry area landscaping, particularly on acreages and large city lots, helps create that special 'street appeal' and entry appeal that helps set up a positive attitude towards a property and sets the tone on entering. This is particularly important when selling and trying to capture buyer interest.

## Planning the Landscaping

The biggest landscaping mistake that homeowners make is not having a coherent plan. They decide to put a few small trees in, and then a few years later add some flower beds, and then maybe put in some shrubs and another tree or two. A landscape that's assembled piecemeal looks disorganized and scarce looking, and that can turn buyers off. Come up with a plan before you do any landscaping or if working with existing landscaping on a property purchased. Even if you don't have – or won't spend – the money to hire a landscape designer, which is a good idea in my opinion, at least draw up a master plan you for

your yard and property and stick to it. Even an amateur can get a professional-looking landscape for a minimal outlay for materials if he or she is willing to do the work. Look at yards and properties you like and gather ideas and take the time to layout ideas on a drawing before spending money on a haphazard approach. Search the internet for ideas as well and look at sample landscape layouts. Many designers place samples on line to attract potential customers.

## Mature Gardens Add the Most Value

A landscape full of large, mature plants with variety and balance is obviously one that has been carefully tended to over the years, and that sends a signal to buyers. That's a good indication that they've taken care of the inside of the house as well, which is appealing to home buyers. Whatever you do, do not let your grounds be overtaken with weeds and out of control long grass areas. Also protect from any patios of interlocking stones becoming unattractive with crevices overcome with weed. These areas also constitute part of your overall landscaping. Driveways bordered by mature trees create excitement and expectation so consider lining your driveway with trees to create that feeling of anticipation.

## Landscaping Tips for All Budgets

Having a long-term landscaping plan is great if you're in the house for the long term. If you plan to sell within a year or so, you can take several immediate steps to dress up your landscape and boost your selling price. For example, cutting fresh edges around your planting beds; having a sharp, well-defined edge

between grass and mulch or dirt gives the landscape a professional look. Also begin regular fertilizer treatments on your lawn; you want potential buyers to see a lush carpet, not a patchwork quilt. And add splashes of color with flowers; pick up some colorful annuals for a few dollars apiece, and be willing to invest a few hundred dollars in larger perennials and shrubs, so that your yard doesn't look as if you just started working on it – even if you did. Using pot plants also helps with landscaping to provide focus areas as you wait for planted flowers to develop. And for sure use mulch generously to tidy up beds and place under trees and feature areas. Mulch quickly improves the look of any garden.

Most of all make sure your property is tidy, that weeds are kept under control, trim bushes and get rid of dead branches. Seed bare ground areas around the home or sod as well as tidy up all shrubbery close to the home so that windows are not blocked.

I would like to state in closing that if one puts disproportionate amounts of money into property landscaping there is a point at which one will likely not realize its full return. I have visited some properties that have put well over \$150K to \$200K into extensive landscaping; likely the owner will not see that same amount as return as buyers still place most value on the home itself, land size and location.

*Credit to Cam Merritt who originally wrote much of this article posted on SFGate website that I have added several additional ideas and content to.*

Wayne Chaulk



CALL WAYNE CHAULK OF THE CHAULK TEAM TO DISCUSS YOUR REAL ESTATE NEEDS WHETHER SELLING, BUYING OR WANTING MARKET INFORMATION

ROYAL LEPAGE SOLUTIONS

THE CHAULK TEAM

A TRUSTED NAME IN REAL ESTATE

## WAYNE CHAULK

BCOMM., REALTOR®  
CHAULK REAL ESTATE TEAM

- Top 3% of Royal LePage agents
- Over 22 years experience in acreage, land and country luxury sales
- Numerous sales throughout MD Foothills, other country jurisdictions, Calgary and Okotoks residential
- Experienced in all types of country properties from small acreages to large land holdings and their special demands

o: 403-252-5900 c: 403-863-7920

WAYNE@CHAULKREALESTATE.COM  
WWW.CHAULKREALESTATE.COM  
ROYAL LEPAGE SOLUTIONS



**BUSINESS PROFILE:**  
*Open Heart Therapy Inc.*

**T**rinity Nina Nathoo, Registered Provisional Psychologist and founder/owner of Open Heart Therapy, Inc., has a unique approach to counselling in a non-clinical therapeutic setting. Open Heart Therapy is located at an equestrian ranch overlooking the majestic Rocky Mountains in Priddis, Alberta, Canada.

Trinity develops an empathetic relationship with clients using creative therapeutic approaches such as art, music, yoga, meditation and animal assisted therapy alongside conventional/clinical therapy.

Children, youth, adults and couples are welcome, suffering from depression, anxiety, grief, post-traumatic stress, mild traumatic brain injury, physical disability, chronic pain and chronic illness.

More information about Trinity and Open Heart Therapy can be found at [www.openhearttherapy.ca](http://www.openhearttherapy.ca).

**Okotoks Parade Carries On**

**T**he phrase “don’t rain on my parade” took on serious meaning for Okotoks locals this year at their annual parade and Children’s Festival in June. Mother Nature, however, didn’t listen – dousing the event with heavy storms. Even so, a new parade route drew a huge crowd, as organizations, athletic groups, businesses, animals, and bands walked the streets. They entertained those

huddled under umbrellas, tents and awnings – still cheering as the parade made its way through downtown.

The theme this year was “Proud to be Canadian.” The Okotoks Parade has been going on annually for 51 years. The town also held a parade as far back as World War I to celebrate the end of the war.

Faith McLean, HCN Staff  
[faith@highcountrynews.ca](mailto:faith@highcountrynews.ca)



Residents didn’t let rain stop them from lining the streets for the annual Okotoks Parade and Children’s Festival. Here, Calgary Skip Squad’s competitive jump rope team makes its way through the new parade route.

**Your Full Service Portrait Studio**      31 White Avenue,  
**in Beautiful Downtown Bragg Creek**      403.949.2748

Family ■ Executive ■ Pets  
PASSPORT & I.D. Photos  
Photo Restoration ■ Workshops  
Photographic Art

**GOLD**  
PHOTOGRAPHY

E-mail: [goldphotography@gmail.com](mailto:goldphotography@gmail.com)  
Website: [goldphotography.com](http://goldphotography.com)





TRANSPERSONAL COUNSELLING SERVICES  
HEALING OF MIND, BODY AND SOUL



TRINITY NINA NATHOO  
REGISTERED PROVISIONAL PSYCHOLOGIST • FOUNDER/OWNER OPEN HEART THERAPY INC.

CALL OR TEXT 587.707.2779 FOR A FREE CONSULTATION  
TRINITY@OPENHEARTTHERAPY.CA  
FOR MORE DETAILS REGARDING TRINITY'S CREDENTIALS & EXPERIENCE VISIT:  
[WWW.OPENHEARTTHERAPY.CA](http://WWW.OPENHEARTTHERAPY.CA)  
FEES FOR SERVICES COVERED BY EXTENDED HEALTH CARE



Natural Stone • Brick • Block • Fireplaces

Tom Blanchette      Phone: 403 • 630 • 3916  
[www.stonehousemasonry.com](http://www.stonehousemasonry.com)



**“A**t 99 degrees, water is very hot. At 100 degrees, it boils. And with boiling water, comes steam. And with steam you can power a locomotive. And, it’s that ONE extra degree that makes all the difference.” (Max Anderson)

“Good enough” is often a statement made to condone mediocrity. It is a cover for the reality that I don’t want to make the effort to take it to the next level. My father used to say, “Son, if it is worth doing, it is worth doing well.”

Whatever your position in your organization, the way you do your job and the attitude with which you do it determines the impact that you have.

We forget that work has two primary values: 1) The character it forms; 2) The benefit it brings to others.

**Work, a tool that shapes character**  
I like this quote: “What we become in our work is more important than what we produce.” There are four character qualities that I would like to highlight:

**Diligence**  
The Merriam-Webster dictionary defines diligence as: “steady, earnest, and energetic effort: persevering application” Diligence is applying the “one degree” principle to whatever “my hand finds to do.” Diligence keeps us alert to detail and committed to excellence. It makes our skills very desirable.

**Faithfulness**  
You can count on a faithful person to do what they have said they will do. The faithful person does not look for excuses to justify a broken promise. A faithful person is ruled by principle not pragmatism. A faithful person will stand with you even when there is nothing to gain.

**Creativity**  
The creative person will release the full spectrum of their ability for the enhancement of the task at hand. All to often we allow our creativity to take our mind off what we are doing and send us on flights of fantasy. Those trips usually exaggerate our ability and reduce our productivity. Often misapplied creativity is a trip into fantasy. We need to harness our creativity so it serves the task before us.

**Initiative**  
During the year between graduation from High School and attending college, I worked for my father in the hardware store. Our High school hockey coach and science teacher approached my dad to see if he would release me to run his garage till he could find a suitable manager. I went to the garage thinking my responsibility was to pump gas, check the oil and wash the windows. After about 4 days of work, Mr. Wilton asked me if I had done any cleaning. My reply was, “No, I didn’t think that was expected of me.” To which Mr. Wilton responded, “Duane there is always work to do if you will open your eyes to see it.” I did that in the hardware store but failed to apply it to a “temporary” job. Initiative needs to be a habit of life in every area of work.

**Work, a tool for the benefit of others**  
“What’s in it for me?” is usually the largest motivating factor in our work. Even our philanthropy can be tainted with this selfish gene. Looking at the big picture we need to see that work is a tool that harnesses the resources of our planet and releases them for the greatest good to the greatest number of people. I realize that is a lofty goal. But somewhere

that philosophical ideal must become a working reality in the labor of my hand. As a person we are never satisfied when the focus is on ourselves and our personal fulfillment. King Solomon, one of the ancient kings of Israel wrote, “Vanity, vanity, all is vanity.” At that time, he was one of the wealthiest kings in the world. He indulged himself in every possible pleasure, enjoyed every convenience and had massive possessions. Yet inwardly he was a starved, bankrupt soul.

I was in Marrakech running on a road that wound through an olive grove. A man stopped me and asked if I was visiting the area. During our conversation I discovered that his grandfather had planted all the olive trees I could see. The grandfather planted them knowing that he would not harvest the fruit of his labor. He planted them for the generations that would follow. He invested his time and resource for the benefit of others. Work is a tool for the benefit of others.

A number of years ago I was conducting a seminar for a tire company that was located in Vernon. At one point I asked the attendees why they were working for this company. The answers, though varied, had one central theme—the benefit they derived from their employment. I then posed this question: “Do you think your work would have more significance if you could see yourself as part of a network that facilitated the movement of goods and services?” They all acknowledged that such a thought added more value to their work. Work is a tool for the benefit of others.

Unfortunately, debt is a master that drives our need to work. In reality it is an opiate that satisfies an immediate craving at the expense of generational benefit. It reduces our expendable cash, compromises our future and deprives our prodigy of their full inheritance. On the contrary, when we invest our time and resource in preparing others for life, we make an enduring investment that has the potential to keep on giving.

Remember, work is a tool for the building of character and the benefit of others. Who is reaping the benefit of your work?

Deanna McDevitt  
Owner/Massage Therapist

THREEPOINT MASSAGE THERAPY

403.829.1148  
threepointmt@gmail.com  
www.threepointmt.ca  
258006 176 St W  
Foothills, AB T1S 2P9

Instagram, Facebook, LinkedIn icons  
@ThreepointMT

HARMONY  
BLINDS SHUTTERS AND AWNINGS

Lynnell Henning  
Proprietor  
LynnellHenning@Gmail.com  
403 466 2204  
HARMONYBLINDS.CA



## ADHD Jobs and Careers

by Roché Herbst, M. A. R. Psych.



### WHAT CAN I STUDY AT COLLEGE AND WORK IN AS A CAREER WITH ADHD?

Over the years, many people have reached out to me because they were having challenges with their jobs or career choices. The fact is ADHD does not categorize who or what you can be. It does not have to limit your choice. When you find your path by aligning your values, personality and potential capability, then you can work in any career you want. The key to doing this successfully is to know yourself, to be realistic and to manage your ADHD.

### WHAT TYPES OF JOBS DO PEOPLE WITH ADHD DO WELL?

Much depends on your ADHD and/or any co-existing conditions you may have i.e. anxiety, depression, perfectionism, giftedness, learning disorder, etc. Well, consider those things that challenge you in a way that does not overwhelm or underwhelm you.

### WHAT ABOUT THE WORK ENVIRONMENT?

Enjoying what you do is one thing. It is equally important that the work environment is a good fit for you. Some people want freedom and autonomy, some appreciate well-defined structure, others want something creatively challenging and complex, may enjoy teamwork or simply "never the same day twice". Do you feel valued, supported and have the freedom to ask for accommodations in your workplace where needed?

### WHAT ARE SOME COMPATIBLE JOBS?

ADHD strengths may be used more than others, for example when:

- Thinking on your feet, switching quickly between tasks - Teachers, Daycare workers.
- Dealing with people variety and topics with quick assignment turnarounds, short attention span, low boredom tolerance, hard deadlines may be a challenge - Journalist, Editor, Public Relations.

- Creative, short-term focusing on the task at hand, jumping from task to task quickly, taking immediate steps to create a finished product - Food industry worker, Chef, Beautician, Hair stylist.

- Flexible hours, autonomy - Entrepreneurs, Business owners, Realty.

- Crises management, split-second decision making, hands-on thinking, adrenaline-pumping excitement can help focus the mind - EMT, Medical, Police, Fire, Search and Rescue.

- Working with others or independently to solve problems, create or troubleshoot codes or programs, harnessing that hyperfocus on small details - Mechanics, Technicians, Scientists, Programmers.

- Fast-paced artistic environment of creative chaos - Choreographer, Comedian, Stage manager, Musician, Producer.

### WHERE DO I BEGIN?

In everything there is a chance to learn, to grow, to learn and to be your best self.

- What are my strengths? This is not the time to be modest!
- What activities capture my attention and keep me engaged?
- What types of activities don't I like and why not?
- What energizes me?
- What are my values?

Sources: Quinn, P. (Ed.) *ADDitude: Jobs for ADHD minds. Monthly subscription magazine.* Wilkowske, D.R. (2007), *The Chronic Job Hopper*, iUniverse Inc: New York.

## REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

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

For more information contact Roché Herbst, M.A. R. Psych.

**(403) 510-9984 or [info@wehcs.com](mailto:info@wehcs.com)**



## STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the  
**TOP 3 THINGS** that make your plumbing repair  
more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

### HERE'S HOW YOU WIN!

- 1. Price-Rite Plumbing only charges for the time it takes to properly repair your issue as quickly as possible.**
- 2. We don't replace parts other than what's required for a proper repair.**
- 3. Well stocked vans means we have the parts required for your repair.**

**YOUR NEXT PLUMBING REPAIR WILL  
BE PRICED RIGHT AND DONE RIGHT.  
CALL 403-660-1122 OR VISIT  
[WWW.PRICE-RITEPLUMBING.COM](http://WWW.PRICE-RITEPLUMBING.COM)**

**PRICE-RITE  
PLUMBING**



## Mortgage Penalties Explained

If you pay off your mortgage before it matures, or if you pay more on the principal beyond the amount of your prepayment privilege, this is called a prepayment penalty.

Prepayment penalties are common on "closed" mortgages. "Closed" mortgage interest rates are usually lower than "Open" rates. There are no penalties on "Open" mortgages. On variable-rate mortgages the penalty is often three months interest.

On closed (fixed-rate) mortgages, the penalty is the greater of three months interest or the Interest Rate Differential (IRD). Three months is fairly straightforward and the calculation is shown below. However, here's how the IRD comes into play. You promised to pay a specific interest rate, let's say 3.5%, for a set number of years, let's say five years. If you decide to break that arrangement after three years, whether you're refinancing or purchasing a new home, the lender gets the remaining money back to relend. To match the original term, the lender wants to get the same interest rate or more on the remaining two years.

### How do I calculate the 3 months interest?

The first step is to find the outstanding balance on your mortgage. Then multiply the outstanding balance on your mortgage by the annual interest rate on your mortgage (review a current statement if you're not sure). Divide the answer by 12 months in a year to get the monthly interest payable. The monthly interest payable times three, equals your 3 month interest penalty.

### What is an IRD and how will it impact me?

What's important for you to know is how the IRD is calculated - as this can be a shocking penalty calculation in some cases. The IRD is based on:

- The amount you are pre-paying; and,
- An interest rate that equals the difference between your original mortgage interest rate and the interest rate that the lender can charge today (you can see their website or ask me for current rates) when re-lending the funds for the remaining term of the mortgage.

This penalty can be high if interest rates are lower in your matching term. In the scenario above, if you paid out the mortgage early, the lender needs to put the money back on the street as "shorter term" money, matching the remaining term. Shorter money is usually at a lower interest rate than longer term money. So, a lender will calculate how much less interest they will receive over the remaining term at the lower earning rate, which is also called the "reinvestment" rate, compared to your promise of 3.5%.

### So using your personal mortgage; which is higher – 3 months or IRD? The greater of, is your prepayment penalty payable.

*Prepayment penalty difference between banks and monoline lenders -- it's in the calculation!*

Most non-bank lenders (also known as a monoline lenders) calculate the difference between your original rate and the current rate for the remaining term – "discounted to discounted".

Banks calculate differently. If the original rate was really 4.29% (they use their posted rate) but they did you a favour and only charged you 3.5%, the IRD would be calculated between 4.29% and the reinvestment rate, (how much less interest they will receive over the remaining term at the lower earning rate) which increases the IRD amount – "posted to discounted".

Penalties can only be quoted "as of today". The penalty changes with the following:

- Passing an anniversary date
- Additional mortgage payments made
- Mortgage balance
- Interest rate changes
- Remaining time to maturity

The penalty is not finalized until there is a formal payout statement requested by you/your lawyer, based on a firm payout date.

**CANDACE PERKO**

MORTGAGE BROKER CRMS

cperko@countrysidedefinancial.ca

www.countrysidedefinancial.ca

T 403 949 4129

F 403 775 4191

C 403 560 6016

Licensed with TMG The Mortgage Group Alberta Ltd.

PROVIDING MORTGAGE SOLUTIONS TO  
TOWN & COUNTRY RESIDENTS  
FOR OVER 10 YEARS.

**COUNTRYSIDE**

FINANCIAL

# Through A Dog's Eyes

## WHY DOES MY DOG DO THAT?

We've probably all seen them, the dog struggling and straining at the end of the leash or charging the fence and barking his head off as you walk by.

When we see a small dog doing this, we usually don't worry too much, but if it's a large dog then our heartbeat and anxiety probably rise a little.

Whether it's a Chihuahua, Toy Poodle, Pit Bull, or a Great Dane – the same physiological and psychological things are going on inside the dog.

All this action is, in large part, due to the *Autonomic Nervous System (ANS)*, also called the *Involuntary Nervous System*, and it regulates the processes in the body we *cannot consciously influence*. It is continuously active, and we have ZERO control over these systems. Neither do our dogs. They are not "stubborn" or "jerks"; something has happened in the environment that has kicked off a response from their nervous system.

The systems of the ANS are opposite, yet complementary. Yes, I know, confusing.

The fellow at *Crash Course* describes it nicely. Think of the *Autonomic Nervous System* as two halves of a whole: Batman and Robin, Holmes and Watson. Independent, yet connected and complimentary.

One half is the *Sympathetic Nervous System*, which is responsible for physical and mental arousal. Think flight or fight. It sounds the alarm bells, just like the Bat Signal does - all hands on deck, NOW! It is synonymous with stress.

The other half is the *Para Sympathetic Nervous System*. It is the Watson side of Holmes, and is in charge of calming, resting, digestion, repair, maintaining the body and conserving energy for later. The Commissioner Gordon of Batman.

Even a small stress signal can trigger the *Sympathetic Nervous System* to respond, and it can feel all-encompassing.

So, when your dog is in high gear, barking and carrying on, he has been taken over by his Sympathetic Nervous System, also fondly known as *Rabbit Brain*. Something has happened to trigger anxiety, fear, or over-excitement. In this state, the dog cannot learn new things.

The calm, reasoning, thinking side has been turned off. The rabbit or squirrel brain has been turned on, and it has taken over – everything!

In this highly emotional state, adding a startle, correction, or punishment only serves to add to the cascade of emotions and stress hormones flooding the body.

Think of watching

the horror movie Friday the 13th, and during the super exciting parts all you see is the hockey mask. Everything in the background fades to black - the mask has your complete attention. You are on the edge of your seat, heart racing.

If someone even so much as brushes your shoulder at that moment, do your emotions rise or do you feel calmer? Calmer is probably not how you feel - you're more likely to jump out of your skin.

Adding leash pops, corrections, or yelling at your dog while he's in this highly aroused state – will only make the emotional state worse.

The *Autonomic Nervous System* also plays a large part in the regulation of breathing, heartbeat, digestive tract, and hormone production such as adrenaline and cortisol. For example, *Cortisol curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation and fear.*<sup>1</sup> So an overactive nervous system, especially from stress and fear, can have detrimental effects on physical and psychological health, too.

Our goal is always to reduce stress and over-excitement. Give the dog space, move away. If you are the dog's owner, try to get him somewhere so he can calm down, relax, and repair instead of allowing the emotions to ramp up more. You'll be doing everyone, especially the dog, a favour.

Lorraine Brown, ISCP.Dip.Canine.Prac  
Canine Behaviour Practitioner

References: 1. [www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037](http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037)



**Mountain View**  
Building Materials Ltd

**VISIT OUR NEW INTERIOR SHOWROOM!**

**Cedar • Fir • Composite Decking**  
**Brown & Green Pressure Treated Lumber**

**Specializing In:**  
Timbers: Any Size • Fencing & Decking  
Exterior Sidings  
Flooring • Interior Panelling

**125 Commercial Court, Calgary, AB T3Z 2A6**  
(East of Calaway Park)  
Hours: Monday - Friday • 7am - 5pm

**We Deliver**

**403.242.0404**

**WWW.MOUNTAINVIEWBM.CA**



**Smiling Pup**  
Holistic Canine  
Behaviour Consulting

Lorraine Brown  
ISCP. Dip. Canine. Prac

Consulting West of Calgary,  
Redwood Meadows, Bragg Creek

Office: 403 949 2385  
Cell: 403 606 5705  
smilingpupconsulting@gmail.com  
[www.smilingpup.ca](http://www.smilingpup.ca)

# Are Taxpayers Getting Full Value For Our Money?

There is no disputing the fact that Alberta has a spending problem.

Our per capita program expenses are the second highest in Canada. We spend \$12,717 per person in Alberta, even as we run a deficit approaching \$10 billion. By comparison, neighbouring British Columbia spends \$2,500 less.

Alberta's NDP government has taken the position that any reduction in spending would endanger public services. The opposite is true. Restraint is necessary to keep public services sustainable for the long term. By ignoring runaway public spending, the NDP is abdicating its fiduciary obligation to taxpayers. To suggest that frontline workers alone would face the brunt of any spending restraint is equally ludicrous.

Alberta currently spends \$56,181 Billion, and total public sector compensation, including teachers, doctors, and nurses, is just \$26.6 Billion. There are plenty of ways to trim the fat.

In the years ahead, Alberta needs a government willing to take a harder line on inefficiency and waste. The first question we need to ask when examining any expense is, "are taxpayers getting full value for our money?"

Take, for example, health care. At \$22.1 Billion, this is Alberta's largest expense, accounting for 40 per cent of our spending. But, are taxpayers getting full value for our money? Today, a patient's average wait time for treatment by a specialist is 26.5 weeks, up from 10.5 weeks in 1993. Despite spending more on health care, our wait times exceed the Canadian average by more than a month. Obviously, spending increases alone are not translating into better service.

We need a government willing to take a hard look at spending in each and every department, and this includes a department that didn't even exist 10 years ago: The Department of Paying Interest.

This year Albertans will shell out \$1.9 Billion just to cover the public debt. We spend more on servicing the debt than we spend on Seniors and Housing, Environment, Tourism, and Indigenous Relations combined. Paying interest is now Alberta's fifth largest expense.

Are taxpayers getting full value for our money? In this case, we are getting no value for this money.

A key part of government's fiduciary responsibility is to ensure public resources are managed as efficiently as possible. The reason is simple; this money does not belong to government. It belongs to you.

You deserve to know that every dime is being allocated as efficiently and effectively as possible. And, when you can manage your money better than government, you deserve to know that too.

*Drew Barnes is the United Conservative Finance Critic and MLA for Cypress-Medicine Hat*

**raintech**  
IRRIGATION LTD.

403.279.5678 | [Raintech.ca](http://Raintech.ca)

SERVICE • INSTALL • SHOP  
WINTERIZATION/BLOW OUT • BACKFLOW TESTING

Mention this ad to  
**GET \$10 OFF**

Valid for 2018 season

*We create and maintain your*  
**OUTDOOR LIVING SPACE**  
*because summer should be lived outside!*

Year round grounds maintenance  
Landscape designs & construction  
Decks & fencing  
Forest management  
Complimentary consultation

Member of:  
LANDSCAPE ASSOCIATION OF ALBERTA  
*Green for Life!*

*Serving Bragg Creek, Cochrane, Calgary & the Foothills since 2009*

**HARDER & SONS**  
EXTERIOR MAINTENANCE SERVICES INC.

**403.949.3442** [www.exteriormaintenance.ca](http://www.exteriormaintenance.ca)  
[info@exteriorservices.ca](mailto:info@exteriorservices.ca)

# Out of the Rut *Chapter 94*



For the first time in many moons I return to pencil and paper to capture my thoughts. Although, in honesty, capturing the evanescent ripple of my thoughts is an impossible feat. Inside; images, memories, emotions, random and occasionally profound phrases, tumble with stunning clarity. Yet transference – the alchemic conversion from mind-body to written word is so stunningly inept, the speed of thought out-paces even my quick fingers. At a keyboard I can type to dictation and even faster from thought, but yet... the very act of corralling thoughts into sentences often renders me inert, empty. I read back the words on the page and fail to connect to the sensations I hoped to convey.

Meanwhile, my literary struggle continues apace, jogging through my head, happy rambling ambitions of writing the perfect story, the one that resonates so strongly it has a visceral punch that makes the reader feel that great cosmic “yes”.

Yesterday afternoon, between blessed rainfall that washes our land and nourishes all that grow and live here, I caught a glimpse of movement at the corner of my eye, thinking it was a bird – I had been sitting watching Grosbeaks and Robins enjoying the pond, bathing and shaking – I realised that the movement and shape was waaay too big. A young black bear, on the deck just inches away from me. Being on the right side of the wall and windows, I grabbed camera and was able to get great video footage of this curious creature as he executed a swift reconnoiter of the deck and descended the steps onto the lush green grass. Over to the nearest flowerbed where the winter feeder for the birds stands. He flowed gracefully upward to his full height, checking for left-over feed – there is none of course – then dropping to all fours he rambled through the burgeoning bushes and around the grass to the second feeder. I watched him

sink into the wet grass to scavenge any left-overs. By this time, far enough from the house, I stepped outside to get a great photo and enjoy the sight. Finally I spoke out loud, he jumped at the sound of my voice and vanished with alacrity through the neighbour’s long grass and across their garden. For me, a swift afternoon blessing from nature’s abundance.

Nature, in all her abundance, can impact us in such dramatic ways. Woken at 3:50am by the most staggering, house-rattling clap of thunder, I lay in bed waiting for the inevitable rain... which failed to arrive



until many hours later. Mere days earlier our land was tinder-dry and frightening grass fires threatened the western edges of our community.

Those few days ago I was involved with voluntary evacuations due to the grass

fire to the west of Bragg Creek, my reeling brain drifting in and out of delirium as I succumbed to fever, stepping far too close to the edge of my own existence. In those hazy days I teetered on a crumbling ledge, suddenly cognizant of my tenuous hold on this life. The cumulative effects of subtle traumas, endless daily challenges, incredible distance from the ones I love most dearly, and the drip, drip, drip of seemingly innocuous demands build layer upon layer in my being as silent snow falls to transform our winter landscape. As one of my Hawaiian friends recently said, we are all trained to ‘put on a brave face’, to present a ‘front’, an image for the world that is acceptable. Yet inside, so many of us, probably all at one time or another, are living with breakages; emotional, physical, spiritual.

The aim and desire is to share the light, whether through writing or bodywork, or helping out in other ways. Often we are misunderstood, our best intentions received as oppressive or judgmental, honesty and integrity seen as weakness. Human nature is judgmental, are we not our own worst critics? I subscribe to the religion of kindness. Let us try our best to do our best. We can fail to meet our own and others’ expectations, yet each failure is a success, a stepping-stone for greater kindness and understanding. If we do not try, that is the greatest failure. As Fantuzzi says “Sometimes we hit the bull’s eye, sometimes we miss, but remember this; it’s all love, or a Calling For Love”.

I hold this close to my heart, always.

*With gratitude and love, Kat Dancer  
bodymudra@gmail.com  
www.kat-dancer.com, 415.525.2630*



**SPRING**

**ORNAMENTAL GATE**

**with PILLAR**

*Sale*

Our automation packages start at

**\$7998.00**




**CALGARY • 403.273.4821 • sales@lynxfence.com**

# CLASSIFIEDS

Email [highcountrynews@telus.net](mailto:highcountrynews@telus.net) or mail to Box 476, Bragg Creek, AB, T0L 0K0 your ads (typed, please) by the 15th of the month OR visit [highcountrynews.ca](http://highcountrynews.ca)

COMMERCIAL

## SERVICES OFFERED

**JIMMY J's TOWING - PRIDDIS**  
Cash for scrap vehicles  
Farm & acreage clean-ups  
403.891.3994/403.760.5797

**Unwanted Guns.** I am a licensed gun buyer that pays cash for unwanted guns in the High Country News area. Please call or text 306-641-4447. References available and your choice whether I pick up or you deliver.

**I-Shine!!! Commercial & Residential Cleaning and Detailing.** We use green products only, specifications of products are available upon request. 20 years experience, and many references available. Please call Leona 403-808-3089 for a free quote!

## REAL ESTATE

**COMMERCIAL SPACES for LEASE**  
1100 Sq Ft (2 stories) & 1000 Sq Ft, located in the Old West Mall, Bragg Creek. Call more more info 403.949.3793

## FOR SALE

**FIREWOOD,** Pine & Birch, Will deliver and available to stack, Call Tim at 403.333.8462

**FIREWOOD SPLIT AND DELIVERED!** Bragg Creek, Purchase by the truckload, yard bag, or bundle. Text Sam at 403.861.8915 for pricing and to place an order

36" TV toshiba and custom stand. Will Consider Offers. Ross Best, Home: 403-933-3637, Cell: 403-815-0562, [rossbest@telus.net](mailto:rossbest@telus.net)

## FOR SALE

Insulation For Sale. Contact Ross Best, [rossbest@telus.net](mailto:rossbest@telus.net), 403-933-3637 or 403-851-0562, \$67. 3/4 Bundle of R12 for sale NEW - will accept offers

Two Michelin tires 205 65R 15 accepting offers, Home: 403-933-3637, Cell: 403-815-0562, [rossbest@telus.net](mailto:rossbest@telus.net), Ross Best

Guns for Sale. 303 British with scope, cut stock and barrel, \$250. Text/email for complete sale list. 306.641.4447 or [awionzek6@sasktel.net](mailto:awionzek6@sasktel.net)

Cloverdale heavy duty stock saddle, 16", \$600. Outback Australian saddle, seldom used, 15", \$375. 403-247-8860, 587-580-9277

Hitachi 10" compound mitre saw w. laser marker, single bevel \$100, 2 TOA passive speakers 24 watts 33Hx14W gently used \$100, LPL enlargement easel 22x18 \$40. Please call (403) 949-4168.

FREE : one used Maytag electric cooktop, black, good working condition, w. user's guide. (403) 949-4168.

BEAUTIFUL TEAK-ROOT FURNITURE. 2 end-tables, a coffee table and chair; asking only a total of \$500. 403-498-6057, [everal.nelson@gmail.com](mailto:everal.nelson@gmail.com)

## EQUESTRIAN

ATTENTION HORSE OWNERS

If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

## ANIMAL CORNER

Lost Cat: Springbank. Contact Hayley at [hayleymarie@outlook.com](mailto:hayleymarie@outlook.com) or 204.898.1441. Help us find our beautiful cat Charlie! She was last seen on Artists View Drive on June 16th, 2018. Shes very small, all black with white paws and a white chest. She has white markings on her nose, and was wearing a white collar. 204-898-1441. We miss her very much!

## BABY/HOUSE/PET SITTING

House/Pet/Plant sitter available. Please contact Aimee at 403.949.7741 or text 403.618.7744 for rates and availability.

Looking for a responsible fun babysitter to spend time with your children? Contact Mackaela - [macarchambault@gmail.com](mailto:macarchambault@gmail.com), 403.949.8422, Bragg Creek. Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure our time together is fun and active!

## EMPLOYMENT OPPORTUNITIES

Part time permanent site attendant required for Bragg Creek transfer site. Must have own transportation. Wednesday & Saturday shift. Small equipment experience an asset. Email resume to [careers@awrrecycle.com](mailto:careers@awrrecycle.com) or fax to (403) 948-0153. [michelep@awrrecycle.com](mailto:michelep@awrrecycle.com)

4:13 Therapeutic Riding is looking for more volunteers! Duties include leading horses and assisting participants of all abilities. Horse experience is an asset but all you will need is a willingness to learn and help others! Visit [www.413therapeuticriding.com](http://www.413therapeuticriding.com) for more info. 403-805-4633, [volunteer.fourthirteenththerapy@gmail.com](mailto:volunteer.fourthirteenththerapy@gmail.com)

**FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:**  
\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted  
Information contained herein, while not guaranteed, is thought to be correct

Check out our online classifieds at

# HIGH COUNTRY News.CA

Created by Boden/ledingham Web Design • [bodenledingham.com/webdesign](http://bodenledingham.com/webdesign)

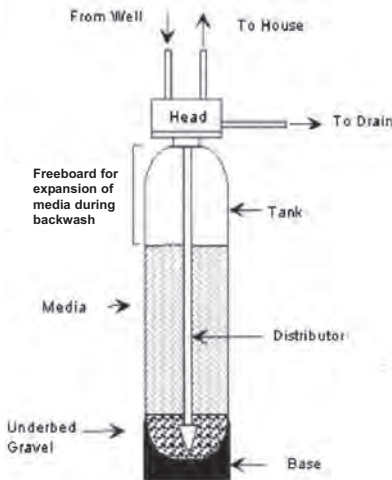


# FAST FACTS IRON FILTERS



A Filter removes one or more unwanted substances from our water by preventing the passage of those elements namely, iron, manganese and fine sediments beyond the filter medium. It's important to choose the proper filtration mineral based on the element you wish to extract from the water.

### Filter Anatomy



**Catalytic Iron Filters:** The most popular catalytic iron filter media uses a mineral called pyrolucite. It works on the principal of a catalyst reaction, but itself remains relatively unchanged over time. It works to remove iron, manganese and hydrogen sulfide gas which are the three most common consumer complaints in rural Alberta. Only periodic backwashing is necessary to purge the mineral bed of accumulated material; no chemical regeneration is required and nothing is imparted in to the water. Unfortunately, the mineral bed does require replacement every 3 to 5 years on average due to a slight loss of catalytic reaction ability, but mostly due to eventual overloading of sediments and possible solidification of the mineral bed.

**Oxidizing Iron Filters (Manganese Greensand Filters):** Oxidizing Filters also remove iron, H<sub>2</sub>S gas and sediments affectively from the water. Oxidizing Filters require backwashing and regenerating with a chemical called Potassium Permanganate (that purple stuff). This type of Filter is generally less desirable due to its harmful effects on septic systems and the environment in general. It is highly recommended that Owners of these types of Filters insure that the backwash effluent is not directed in to their septic tanks. The chemicals contained in a typical backflush of approximately 200 gallons, may destroy the bacterial action in the septic tank. It's also extremely important to make sure the filter is maintained yearly by a professional. Carry-over of chemical residue from a plugged mineral bed can impart minute amounts in to your water stream. Sometimes chemical may not get completely rinsed after the regeneration cycle is complete due to weak pressure from pump, well running low on water, or interruption of rinse cycle due to other treatment equipment backflushing or general low pressure.

**Cartridge Filters:** The most popular Cartridge Filters have gained the nickname "Big Blues" due to their blue colour and large capacity sump housing which is about 4.5 inches diameter and 20 inches long. This brand is popular due to the large surface area of the filter element which can be either made of a pleated cellulose material or a spun wound polypropylene material. The pleated design has considerably more surface area and is the better choice in most cases. These Filters can be put in series and used to remove sediments down to the 1 micron range (human hair is 75 microns). A typical set up would use 3 of them to remove up to 2 parts per million of oxidized iron the first element being a 5 micron size the second being a 1 micron size and the last and final being a 0.35 micron size. These Filters are great as long as the mineral to be removed is in an oxidized state. Un-oxidized iron will travel right through these types of filters. Element replacement frequency is around the 6 month range.



Iron can exist in water in one of two forms or both. Treatment depends on the form of iron present. Waters containing ferrous iron are clear and colourless when drawn. Exposure to air converts ferrous iron in to the insoluble reddish brown ferric brown.

### Ways to oxidize Iron:

1. **A Basement Water Storage Tank** (200 gallons approx.) is a very effective means of oxidizing iron as the water is exposed to atmospheric pressure and oxygen and may even have an aerator constantly bubbling and aerating the water inside the storage tank causing all iron and other sediments to settle to bottom and H<sub>2</sub>S gas or methane to vent to atmosphere.
2. **Hydro-Charger (Air Injector)** - this small simple device can be located on the pipe coming in from your water well. It causes the water to be restricted through a venturi nozzle which causes air to be drawn in through a small check-valve. This small amount of air mixes with the water allowing the oxygen in that air to react and oxidize sulfur gas and iron. A larger than normal pump is usually required to overcome the restrictive effects of this device. Most ½ hp pumps will not run a hydro charger properly. A ¾ hp 7 or 10 gpm pump works best.



### 27 Years in Business

- ➔ Water Softeners, Iron Filters, Water Purifiers
- ➔ Pressure Tanks, Well Service, Pumps
- ➔ Water Storage Tanks With Peroxide Injection Pump
- ➔ LED Grow Lights & Grow Solutions
- ➔ High Efficiency LED Commercial/Residential

Our Green Technologies will  
transform your Acreage!  
www.acreswest.ca 403-931-3733



ACRES WEST  
POWER & WATER

# BUSINESS DIRECTORY

LIST YOUR BUSINESS  
ONLY \$8 PER MONTH - 403-949-3526



## ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER SCULPTOR ..... 403.990.1266

## ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast ..... 403.949.3951

KRUGER'S GUEST HOUSE ACCOMMODATIONS ..... 403.949.3770

## ACREAGE SERVICES

GRASSLAND ACREAGE SERVICES grasslandacres@gmail.com ..... 403.852.7131

## ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK ..... 403.949.2650

BANDED PEAK VETERINARY HOSPITAL AND CANINE CENTRE ..... 403.949.3249

## ARBOUR CARE & TREE REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

TREEWORX TREE CARE, www.treeworxpro.com ..... 403.554.2370

## CHILD & DAY CARE

COUNTRY KIDZ CHILD CARE ..... 403.809.3546

LITTLE CHICKENS CHILD CARE ..... 587.216.6192

## CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman ..... 403.949.2072

## CLOTHING

CRABAPPLE COTTAGE FASHION BOUTIQUE ..... 403.949.4264

## CONSTRUCTION, CONTRACTING & EXCAVATION

BRAGG CREEK EXCAVATING ..... 403.949.2756 / 403.620.0250

CASTLE CREEK HOMES LTD. .... 403.949.3233

CENTURY ROCK MASONRY - DAVID ANDRUKO ..... 403.819.5303

ELBOW RIVER EXCAVATING & LANDSCAPING ..... 403.949.3227 / 403.899.4886

SIONI CUSTOM HOMES LTD., sionihomes.com ..... 403.815.8605

TOOL TIME Handyman & Construction Services ..... 403.949.2349

WOOLRICH GROUP - woolrichgroup.com ..... 403.851.0076

## COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. .... 403.390.1815

BRAGG CREEK - ROCHE HERBST, R. PSYC. .... 403.510.9984

PRIDDIS - ERICA BERNARD, MSW, RSW ..... 403.874.0176

## CRUISE & VACATION SERVICES

CRUISE & VACATION CONSULTANT, LEA ANDERSON ..... 403.717.9223 / 403.837.0577

## DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com ..... 403.276.7918

## DELIVERY AND COURIER

BRAGG CREEK DELIVERY AND COURIER, braggcreekcourier@gmail.com ..... 587.579.3573

## DENTAL CARE

BRAGG CREEK DENTAL CLINIC ..... 403.949.2288

## EDUCATION

DIAGNOSTIC READING CENTRE OF CALGARY, drccalgary.com ..... 587.356.3722

THE LITTLE SCHOOLHOUSE - BRAGG CREEK ..... 403.949.3939

## ELECTRICAL SERVICES

ARMSTRONG ELECTRICAL ..... 403.932.9289

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com ..... 403.803.7102

## FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE ..... 403.949.2457

FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL ..... 403.933.4368

## FINANCIAL & INSURANCE SERVICES

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES ..... 403.949.2599

ATB FINANCIAL - BRAGG CREEK AGENCY ..... 403.949.3513

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) ..... 403.949.3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL ..... 403.949.4129

## FIREWOOD

FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

## FURNACE & DUCT CLEANING

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES ..... 403.888.2000

## HAIR & BEAUTY

HAIR STYLIST - PEGGY'S AT PRIDDIS ..... 403.686.1095 / 403.931.3142

## HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC ..... 403.949.3953

BRAGG CREEK PHYSIOTHERAPY ..... 403.949.4008

JARI LOVE - PERSONAL OR GROUP TRAINING ..... 403.650.1456

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148

MASSAGE - SYLVIE LAPPA ..... 403.828.5408

## HOUSE CLEANING

MAID IN THE FOOTHILLS Patricia Holt peppermintpatti@telus.net ..... 403.933.2233

## JEWELRY

TAMMY E JEWELRY, www.tammyjewelry.com ..... 403.818.2932

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER (Cochrane), www.dr mower.ca ..... 403.932.9984

SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

## LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

## LEGAL

FAMILY ENTERPRISE ADVISOR, REID SCHMIDT, 2020 LAW GROUP ..... 403.296.1709

LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248

MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

## MLA CONSTITUENCY OFFICES

Banff-Cochrane: CAM WESTHEAD, banff.cochrane@assembly.ab.ca ..... 403.609.4509

## NEWS & ADVERTISING

HIGH COUNTRY NEWS ..... 403.949.3526

## PAINTERS

BJ's Painting ..... 403.949.3443

## PAVING

LAMBERT BROS. PAVING ..... 403.287.3252

## PEST CONTROL

JAPCO PEST CONTROL LTD. .... 403.242.2467

## PET & EQUINE SERVICES

BELCOURT PET SPA & SUPPLIES ..... 403.949.3355

BLUE RIBBON BOARDING & TRAINING ..... 403.949.2963

PET SITTING SERVICES large & small/ domestic & farm animals ..... 403.880.5110

## PLUMBING & HEATING

ALLANS PLUMBING AND HEATING ..... 403.888.5200

BRAGG CREEK PLUMBING & HEATING LTD. .... 403.931.0486

BRICO PLUMBING INC. .... 403.998.5580

## PROFESSIONAL SERVICES

PRIDDIS BUSINESS CONNECTION INC. .... 403.931.7191

VIDEO PRODUCTION, WEDDINGS, REAL ESTATE, CORP. PROMOTION ..... 403.477.1166

## REAL ESTATE & PROPERTY MANAGEMENT

DEBORAH CLARK, REALTOR® - CENTURY 21 BAMBER REALTY LTD ..... 403.835.3385

DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek ..... 403.612.7849

GREATER CALGARY REAL ESTATE Megan.Stuart@CREB.com ..... 403.978.9117

KATHLEEN LAPLANTE RE/MAX West, Cochrane/ Bragg Creek/ Redwood ..... 403.818.8049

ROYAL LEPAGE FOOTHILLS - KEN ZACHARIAS ..... 403.607.7256

SHARON BAYER, REAL ESTATE PROFESSIONALS INC. .... 403.554.8978

SUTTON GROUP CANWEST - WILLIE PREBUSHEWSKY ..... 403.660.3767

TANYA BAKANOVA, REALTOR® STAGER CSP™ - REAL ESTATE PROFESSIONALS INC. .... 403.837.0220

## RESTAURANT

BAVARIAN INN ..... 403.949.3611

JANE'S CAFE, COFFEE SHOP, PRIDDIS ..... 403.931.0155

POWDERHORN SALOON ..... 403.949.3946

THE ITALIAN FARMHOUSE RESTAURANT ..... 403.949.2750

PHOENIX GRAND (Beside Original Joe's - Okotoks) ..... 403.938.9228

WATER'S EDGE PUB, PRIDDIS ..... 403.931.0155

## RETAIL

BRAGG CREEK FAMILY FOODS ..... 403.949.3747

BRAGG CREEK TRADING POST ..... 403.949.3737

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

SUNCATCHERS Stained Glass Studio / THE RIVER DRAGONFLY GIFTS ..... 403.949.4332

## ROOFING

FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844

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

## SEPTIC (SERVICE AND INSTALLATION)

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

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

ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004

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

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

BRIAN FITT TRUCKING & BOBCAT ..... 403.809.8949 / 403.949.3573

ROSS TRUCKING ..... 403.651.9428

## TOWING

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

## UPHOLSTERING & WINDOW COVERING

HARMONY BLINDS, SHUTTERS & AWNINGS ..... 403.466.2204

HEMMETT CUSTOM ..... 403.816.3802 / 403.246.1482

## WATER HAULING

BIG DRIPPER WATER HAULING INC. .... 403.851.1003

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

## WINDOW SERVICES

CLEARVU CANADA (Service/ Replacement/ Weather Stripping/ Design) ..... 403.246.8805