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LETTER FROM THE EDITOR

June is a significant month, it always seems a bit too full. For those of us who have school aged children, life goes from a full schedule to one that's on the edge of insanity!

Of the many activities that fill our days, one that is monumental, is the graduation from grade school. For many students, the future may look daunting and uncertain. As parents and members of the community here are a few suggestions that may encourage them as they look to the next chapter of life.

Speak to their identity as a person. The qualities and values that they embody and how these qualities can bring value to others around them.

Provide space for them to serve. They need to know that their contribution is of value. I can remember my father saying to me when helping him, "I couldn't have done this without you". Those words were gold to me. Looking back on those formative teen age years, I was given many opportunities to serve my community in a volunteer capacity. These volunteer hours taught me

valuable lessons on leadership and working with people. I felt like I was needed and it gave me a sense of belonging to a broader community.

Lastly, we need to communicate hope. Our world may be uncertain, but there's always hope. Yes, life may bring significant and painful challenges, but with the correct attitude, these challenges can foster innovation and creative thinking. This always leads to a path forward and a better tomorrow. Don't fall prey to a negative feedback loop. Hopeful talk leads to innovative and creative ideas.

So, graduates, regardless of the storm clouds that may seem to cloud your view of the future, use your creative genius and tools provided to you, ask for input and guidance, and begin to create your path.

As always, I trust you'll enjoy this month's paper. I appreciate the thoughtful efforts of those contributing articles and the faithful support of our advertisers. There are many people who express their gratitude for the High Country News, which really goes back to those who contribute their time and energy into providing Kate and I the content to put together.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Deanna's art celebrates the wisdom of the wild spaces as she explores the Eastern Slopes and the surrounding Foothills area of Southern Alberta. She is inspired by these spaces, which are far from untidy, as every stone and twig is in its place. The cycle of life is often observed in her work. In the realistic, authentic landscapes she paints, she speaks to the wisdom of the wild spaces which symbolize our resilience, rebirth, growth, awakening, vulnerability, and strengths.

Serenity in nature is the state of peace and tranquility that comes from spending time in natural environments, which can reduce stress, improve mood, and enhance mental clarity. It is achieved by slowing down and being mindful, using our senses to take in the calming qualities of nature.

Serenity | 12" x 12" Acrylic on Canvas
My website is www.DeannaLavoie.com

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



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Spring Snow Melt Influences on the Elbow River and Local Well Groundwater

Many thanks to Alan Breakey of the Bragg Creek Environmental Coalition for his excellent article, "The Importance of Groundwater". It is important for everyone to understand the important role of precipitation in recharging our groundwater. Significant recurring annual rain events are critical for the ongoing health of our groundwater that so many of us rely on.

However, I was puzzled with Alan's conclusion, based on his figure, that spring snow melt did not contribute to groundwater recharge. As Alan knows, the flow of snow melt water (aka the spring freshet) in the Elbow River at Bragg Creek increases dramatically in June.

To test Alan's conclusion, I had a closer look at the data in his figure. Looking specifically at June 2022 and 2023, the month of the freshet shows a dramatic increase in water table level without any corresponding increase in recorded precipitation. The observed increases in water table depth occur prior to the precipitation events shown in his figure for the months of June in 2022 and 2023.

In conclusion, I think groundwater recharge from the river does occur as a result of spring snow melt, although likely only within a zone of influence. That is, wells that are relatively close to the river will be affected. In contrast, wells further away from the river would be less or not affected at all. As the wells in the article are identified as being in the West Bragg Creek area, the expectation is that groundwater levels would be affected by the spring freshet in the river.

Dennis Stefani



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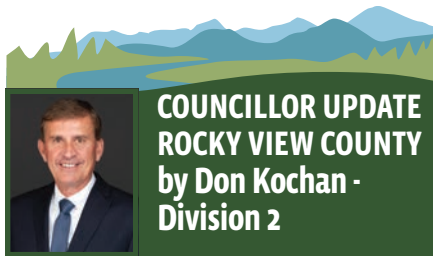
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RVC Division 2 news items for your information:

2026 Budget and Tax Rate Bylaw –

On April 14th/26 Council approved the 2026 budget and tax rate bylaw. The budget is focused on maintaining the services residents rely on every day and avoids deferring important infrastructure maintenance upkeep that would be more expensive later. The budget includes a 4.14 per cent municipal tax revenue increase after three years of no increases. This increase helps the County keep up with the rising costs (inflation/tariffs) of services, lifecycle repairs for roads, bridges, and infrastructure. For a residential property assessed at \$1,303,000, a 4.14 per cent municipal tax increase is approximately \$241 per year more in 2026 compared to 2025. The same property will also have an approximate \$320 or 10 per cent external requisition (i.e. provincial) increase. The cumulative increase will be \$561 or 9.8 per cent.

The education portion of your property tax bill is set by the Province of Alberta, not by Rocky View County Council. Funds go directly to support the provincial K–12 education system. For 2026, the provincial education property tax requisition is increasing by approximately 17 per cent, and the County is required to collect this amount on the province's behalf.

The property tax notices will be sent out on May 15th with taxes due before the end of June 2026. If you have any questions about your property taxes, please contact questions@rockyview.ca

RR33 Interchange – at the March open house some residents requested clarifications regarding the design and progress with the major road and interchange upgrades happening over the next couple of years to support growth and improve traffic flow in the area.

This work is being delivered through a partnership between the Bingham Crossing developer and Rocky View County. The developer is leading Stage 1 construction of the new Highway 1 interchange, including on and off ramps, roundabouts, and the widening of Range Road 33 and Township Road 250. At the same time, Rocky View County is overseeing Stage 2 construction of the new bridge, additional road widening, pathway connections, and the eventual removal of the existing bridge.

Construction is already in progress across the area for both Stages. The new bridge is expected to be substantially complete by the end of 2026, with public traffic anticipated to begin using it in late 2027.

A key focus of this project has been making sure the road network can handle traffic—not just today, but well into the future. Detailed traffic studies, including projections out to 2040, show that the system is designed to keep vehicles moving, even during busy times like weekends. While the TIA model suggests there may be some queuing for traffic exiting Bingham Crossing onto Township Road 250 at peak traffic conditions, the amount of queuing and intersection performance meets the requirements of the County

Servicing Standards. No impacts or delays on Township Road 250, Range Road 33, or Highway 1 are anticipated.

Additionally, the Right-in/Left-out access off Township Road 250 is designed to restrict traffic heading east on Township Road 250 towards Range Road 31. This will be accomplished with the lane orientation and use of concrete curbs and signage.

It's also worth noting that businesses like Costco will only open once the initial road improvements are in place to support safe and efficient traffic flow.

A more itemized list of project deliverables and the associated Stage 1 and 2 maps are shown on the county's website. Updates will appear on the project webpage.

In the area of the TransCanada Highway and Range Road 33, residents may have noticed recent traffic messaging related to construction at the interchange. The upcoming work involves overnight detours to facilitate girder placement for the bridge.

- Work will take place overnight between 8:00 p.m. and 5:00 a.m.
- No detours will be in effect during daytime hours
- Highway 1 will remain open in both directions, with possible delays overnight
- Local traffic at Range Road 33 will be detoured via Range Road 31 and Hwy 22

This work was originally scheduled between April 20 and May 1 but has been delayed due to weather conditions, including high winds. The work will probably take place during the last week of April and the first week of May.

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

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

Did you know the Springbank Heritage Club is not just a place to vote during election time? The Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of older adults age 50+ living in Springbank and surrounding communities. Annual membership is only \$50. Ready to engage in old or new activities and meet some new friends? Each month members enjoy regularly scheduled activities:

- Mondays for Fitness Class and Pickleball
- Tuesdays for Games/ Pool, Singing, and monthly Potluck
- Wednesdays for Fitness Class, Crafts
- Thursdays for Pickleball and Sewing
- Fridays for Fitness Class, monthly Book Club, and Pool/ Billiards

Special events happening in June:

- Monday, June 1st at 5:00pm - Harmony's Creative Keys Ukulele Group is a multi-age group of ukulele students from Harmony, who will perform some popular "oldies" for us! It will be a great mini-concert filled with songs that you recognize and can sing along to!

- Book Club, will be held on Friday, June 12th at 10:15am. This month's Page Turners Book Club will be led by Deb Kerr for the book titled *The Correspondent*, by Virginia Evans. The novel explores themes of connection, forgiveness, the passage of time, and the power of written communication. Sybil is a 73-year-old woman navigating the complexities of aging, family, and personal reflection. She is the divorced mother of two adult children and one deceased child, and she struggles with questions about her adoption and birth parents. Everyone is welcome to join! If you wish to be added to the Page Turners Book Club distribution list, please email Rita at ritadahlke@hotmail.com.

- Tuesday, June 23rd from 7:00 to 8:30pm – Pie and Presentation: Estate Planning with Cherie Baruss. Join us for what promises to be a very timely and informative evening! Cherie is a lawyer with 25 years of experience and a wealth of professional estate planning knowledge. She will review the basics of estate planning, including a review of unique documents and considerations, why having these documents is important, typical complications that can occur with estate planning and how to address them, and the cost to have these documents prepared. Following a brief presentation, there will be lots of time to ask questions! To reserve your spot(s), you can either sign up at the club or by email to Chris at cjhbrodeur@gmail.com. Please pay \$5.00 per person in cash at the door for pie.

Ready to join us? You can sign up at the club or by emailing springbankhkc@telus.net.



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We are in our final stretch to the end of our 2025/2026 school year. Many high schools are coming up on their graduation, and kids of all ages are rearing for summer. With the difficult year it has been, I want to take a moment to thank all our teachers. Without them, RVS would not be what it is, you are integral and valued beyond measure.

The Board of Trustees of Rocky View Schools (RVS) has approved minimal increases to school fees for 2026/27. Schools have prioritized maintaining access to optional courses and extracurricular activities while limiting fee increases to those necessary to address rising costs. Fees for Programs of Choice such as Building Futures and the Mechanics Training Centre remain unchanged, ensuring students continue to have access to these diverse and enriching opportunities. The approved schedule of school fees will be posted to the RVS website and on school websites by the end of June.

Alberta Education requires all school boards to submit an approved operating budget by the end of May each year. The Board was informed of the budget development process and approved the budget priorities in February. In support of student learning, RVS remains committed to delivering a world-class education to more than 29,600 students. Guided by the budget priorities, the draft 2026/27 budget directs the majority of funding straight to schools — supporting classroom staffing, inclusive education, Indigenous learning, wellness, technology and school

resources. Every instructional dollar RVS receives is invested directly in learning, with zero instructional funding used for division operations. The draft budget also reflects targeted enhancements to school allocations, including increased classroom staffing, expanded mental health and learning supports, and equitable, enrolment-based funding models that place additional staff directly in schools. At the same time, RVS continues to face financial pressures from rising inflation and increasing operational costs such as utilities, transportation and staffing.

The draft budget will be brought forward to the May 21 Board meeting for consideration. Each year, RVS' transportation fees are carefully reviewed to align with projected costs while remaining mindful of the impact on families. Rising costs for fuel, insurance, contracted services, staffing and inflation continue to outpace government funding for student transportation and adjustments

are necessary to close this gap. RVS explored a range of options to support long-term sustainability. To balance affordability with sustainability, transportation fees will increase by five per cent in 2026/27. The approved fees set the annual resident student rate at \$415, maintain a half-rate for kindergarten riders, keep early registration discounts in place and eliminate the multi-sibling discount to support fairness and long-term sustainability. These decisions help ensure transportation services remain safe and reliable, preserve financial stability and protect classroom funding so resources continue to be directed where they matter most — supporting student learning and success. Transportation reserves are projected to remain within a fiscally responsible range, providing flexibility and stability in the face of evolving cost pressures.

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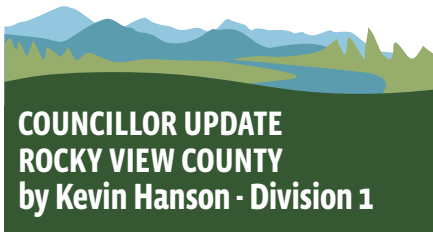
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COUNCILLOR UPDATE ROCKY VIEW COUNTY by Kevin Hanson - Division 1

Quick Bits

Governance Committee reviewed Administration's long overdue update to the 2003 Animal Care and Control Bylaw. One of Rocky View's most successful resident surveys helped shape the policy brought forward for Council's first review. As expected, cat licensing in "rurban" and hamlet areas was controversial, and proposed leash requirements for dogs in public spaces split survey responses almost evenly.

Work is also advancing on the new Fire Policy Framework, with Administration moving into Stage 2. This phase includes final drafting of the Fire Master Plan, Fire Off site Levy Bylaw, and related Municipal Development Plan amendments. Public engagement is scheduled for June, with details to be posted on the RVC website. Current background material is available in the Governance Committee agenda package.

Bragg Creek ASP

After discussions with our Director of Planning and our Acting Chief Administrative Officer, planning staff will be re-engaging in-person with the community on the latest draft of the Bragg Creek ASP. This new draft includes policy language changes which considers feedback from the community during the open house and surveys late last year and also feedback from the landowners in the expansion lands. Originally planned to be a virtual online engagement, I suggested that an in-person option would be more effective.

Highway 8 Elbow River Bridge & Pathway

I met with regional planning staff on May 19 to review progress on the Highway 8 active transportation connection between the City of Calgary and Rocky View County, including a safe crossing of the Elbow River for pedestrians and cyclists. As previously reported, regional pathways were expected to be discussed at a future Greater Calgary Regional Table meeting. However, following sustained advocacy by a joint citizen group from Discovery Ridge, Elbow Valley, and Springbank Trails and Pathways—directed at both the local MLAs and the ministerial level—Alberta Transportation and Economic Corridors convened a meeting with City and Rocky

View administrations focused on the Elbow River / Highway 8 area.

I'm told the meeting was, shall we say, fairly stiff, but it did produce one positive outcome: both municipal administrations agreed to bring the issue forward to the next Intermunicipal Committee meeting in late June. I have been invited to attend as a guest to represent Division 1. From my perspective, continued pressure from both municipal partners and engaged citizens may yet persuade ATEC to reconsider its longstanding position.

Bragg Creek Second/Emergency Egress

Because this issue has regional implications—including potential involvement from the Province and Tsuut'ina—regional planning staff wanted to discuss the strategy I intend to use to bring the matter back to Council for reconsideration. One point of discussion was whether future work should be advanced through the operating or capital budget, given that the project remains at a feasibility stage. That distinction contributed to some confusion at Capital Committee last December.

Given recent staffing changes and an evolving political context—including a new Rocky View Council and early signs of improved relations with Tsuut'ina—we agreed that a reset is timely. My intent is to strengthen the evidence of need, potentially through emergency response modelling, and to develop a clearer cost benefit case. I plan to advance this work through a future notice of motion to formally direct Administration to undertake it.

Economic Development Grants Approved

May 12's Council saw a business item to approve transfer of the 100K budgeted granting pool to Rocky View's active Chambers of Commerce. Bragg Creek, Airdrie and Region, and Langdon each received their 25,000 allocations.

Bearspaw Chamber's application was incomplete, and if they do not submit a complete application by June 15, Council direction was that their \$25,000 allocation would be split equally between the Bragg Creek and Langdon Chambers. My debate point on the matter was that Council allocated 100K towards economic development, so the money should be spent in this fiscal year and not held over until 2027.

Contact: KRHanson@RockyView.ca
or call 403.463.1166.



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2026 Spring Session Recap with MLA Elmeligi

Spring session is now in the rear-view mirror and it's good to be home, back in the best riding in Alberta! The government passed 17 pieces of legislation this spring. There wasn't time for me to debate them all as the UCP limited debated, but I tried my best to represent you all on the bills that had the most direct impact to our riding.

Throughout this session, the government focused on areas that don't reflect the true priorities of many Albertans. Instead of concentrating on improving our healthcare system, affordability, the environment, and other key issues, the government made decisions that include cutting supports for seniors, fueling separatism, changing democratic processes, and introducing one of the largest deficits in Alberta's history. Below, I'll focus on how I represented our constituents in some key pieces of legislation; you can watch my debate on these issues on my YouTube channel.

Key Updates

Electoral Boundaries and Gerrymandering Concerns

After over a year of thorough public consultation, the independent Electoral Boundaries Commission provided their recommended changes for riding boundaries. Traditionally, the commission's majority report is adopted.

However, the government has opened the door to alternative approaches, attempting to advance a minority report that re-draws boundaries in a way that favours a UCP majority, undermining democratic fairness.

The government struck a Select Special Committee on Electoral Boundaries composed of MLAs with a UCP majority membership who will work with an appointed panel to draw riding boundaries; there will be no public consultation. This illegitimate process risks trust in democratic processes. Voters should choose their politicians, not the other way around. The outcome of this process has the potential to greatly impact our riding configuration, and I will be working with my colleagues to understand how I can best our communities in the future.

Major Data Breach

On April 30, Albertans were informed of one of the largest data breaches in Canadian history. A third-party separatist organization, the "Centurion Project," exposed nearly 3 million voter records through an illegal online database.

This breach put many Albertans at risk, particularly individuals experiencing domestic violence, as well as public figures, lawyers, and police officers.

Senior government staff were present at a meeting where the data was illegally shared, but did not report it. As soon as we were made aware of this leak, we notified the RCMP.

The Premier has not taken meaningful action to address this issue. Additionally, previously passed legislation (Bill S4) limits Elections Alberta's ability to investigate matters like this.

If you are concerned, we have created a toolkit to help you protect yourself:

www.albertandpcaucus.ca/public/download/files/339784

Major Bills

Throughout the legislative session, several controversial bills were introduced, many of which could have long-term impacts on constituents throughout Banff-Kananaskis, and all Albertans.

Bill 30: Accelerating Major Project Approvals

This bill aims to speed up approvals for major projects by requiring decisions within 120 days. I support increased efficiencies in project approvals and a 120-day approval window. The Minister has assured Albertans that all Environmental Impact Assessments and First Nations consultation must be completed before a project can enter into the 120-approval stream. That is not reflected in the legislation, which leaves it up to the Minister to decide if the EIA and consultation is adequate. I will be watching new major project approvals closely to make sure that all new projects align with the needs of Albertans and don't put the cost of future liabilities on the next generation.

Bill 25: An Act to Remove Politics and Ideology from Classrooms and Amend the Education Act, 2026

This bill is presented as removing politics and ideology from classrooms. However, it may increase stress and uncertainty for teachers, who may worry about whether doing their job could lead to consequences.

Importantly, it does not address the root issues behind last fall's historic teachers' strike, including overcrowded classrooms and insufficient resources.

Bill 28: Municipal Affairs and Housing Statutes Amendment Act

If passed, Bill 28 would give the Minister of Municipal Affairs greater control over local decisions. This could affect libraries

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and many other municipal services, representing a significant level of provincial overreach into local governance. There are very concerning parts of this bill that impact senior lodge capital funding, aggregate pit mining, land use planning, and even community design codes. Putting the final say on these decisions in the hands of the Minister of Municipal Affairs, rather than town councils who have robust public consultation processes in place, is egregious and will wrap municipalities up in red tape with complicated approval processes.

I am incredibly frustrated by this government's continual overreach into municipal politics.

Key Concerns

Throughout the session, the government has stated it is improving life for Albertans. However, several serious concerns remain:

- The undermining of the democratic processes
- Ministerial over-reach into municipal processes, undermining evidence-based decision making, and amassing power in the Premier's and Minister's offices
- Lack of transparency and accountability
- Cuts to important programs with a large impact across Ministries.

If you have questions or concerns about any legislation from this session, please don't hesitate to reach out.

Looking Ahead

I'm home, traveling across the riding and connecting with you all summer long! Expect to see me at various community events from vibrant farmers' markets to local festivals and BBQs. Summer is the best time for us to chat under the Alberta sunshine and catch up. If you see me out and about, say hi!

Summer is also my time to get out and enjoy our mountains and foothills hiking, biking, and climbing. I also love my vegetable and flower garden. I look forward to learning your gardening tips and tricks and favourite outside activities. Our region offers so many opportunities to connect and enjoy the summer season.

I've heard from many of you that it can sometimes feel like your voices don't make a difference, but they truly do. I am truly grateful for you all. Representing you in the legislature remains the greatest honour of my career.

Please feel free to get in touch if there's a community event you think I should attend.

Sarah Elmeligi



MLA SARAH ELMELIGI BANFF-KANANASKIS

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MLA ON TOUR

Mabel & Marie's
Bragg Creek, AB
June 5th

11:30am- 1:30pm
Waters Edge
Priddis, AB
June 10th

12:30pm-2:30pm
Beaupre Community Hall
Beaupre, AB
June 23rd

5:15pm-7:15pm
Facebook Live
June 24th

12pm-12:30pm



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By purchasing mutual funds, you can take the worrisome guesswork out of owning stocks. Fluctuations are not as terrifying because you know that you have your own professional portfolio managers who understand that volatility in the market also brings opportunities. They can purchase stocks in a mutual fund's portfolio at lower unit/share prices, at exactly the time when many, motivated by fear, might sell. If the market moves downward, you can purchase valuable mutual fund units/shares at lower prices when demand declines, just as you can save if you buy overcoats in spring.

Diversity leads the mutual fund advantage: A good equity mutual fund holds a diversified group of stocks in its portfolio, thereby reducing the likelihood of all the assets held within the fund losing value in a decline. In fact, many managers will hold more cash if they feel that the market will soon decline. The average investor buys stocks at their peak because they feel good about the growth witnessed in a rising bullish market. Thus, they buy right when the stocks cost more. Conversely, most people get nervous, selling their securities after the market has moved downward, and the value of their portfolio holdings has decreased.

The wisdom of long-term investing: It is almost impossible to time the market accurately, but there are two effective long-term strategies to eliminate the temptation to try timing the market.

Stay invested: Buy and hold mutual funds whose managers buy value-oriented stocks. They will normally regain any lost value as the markets rebound after a decline. Staying invested during a market downturn, and actually buying more fund units, is referred to as contrarian investing, meaning the strategy is contrary to what most fearful people might decide.

It is TIME in the Stock Market that counts, NOT MARKET TIMING!

Dollar cost average: You invest a fixed amount of money, buying mutual fund units at regular intervals. Using this method, you buy fewer units when the prices are higher, and more when lower.

You actually win when you buy more mutual fund units/shares at reduced prices because, eventually, the market moves back up. Based on timidity, not knowledge, many redeem their mutual fund units just when they should be buying more. The investors who achieve enhanced profits are those who buy more of their favourite stocks or equity mutual fund units when their value goes down.

The risk of guarantees: Those who insist on guaranteed investments generally lose after the cost-of-living and taxation is factored in. For example, if you earn 4% in a GIC (term deposit) in a 50% tax bracket, you earn 2% net after tax. If inflation runs at 3%, you actually lose 1% in buying-power each year you hold that GIC (term deposit). With mutual funds, your portfolio manager purchases stocks belonging to living companies in a diversified portfolio (of pooled investments) and thus can achieve capital growth over longer terms of five years or

more. If you see the market is softening, ask your investment advisor if he or she knows of any current opportunities to purchase equity mutual fund units at lower prices.

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

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

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

Robert Hughes,
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MAKE YOUR MARK By Mark Kamachi

Is AI taking over?

Against my art director's will, I'm ranting about AI. Again. Only because too many unqualified folks think they can use it as a universal catch all for creative content. AI is a tool. Something that makes execution of ideas easier. You have to understand what the problem is you're trying to solve and then know how to wield the correct tool for the job.

Thumbing through social media and print publications recently, I came across AI generated ads. How could I tell? The logos were wrong, I didn't know who these ads were aimed at, and most important, they lacked any emotional appeal for me to react. To "buy" into the brand.

Let's get it out of the way. I do not fear AI. I use AI. I like AI. I talk to AI. I use AI for research, asking dumb questions, driving my art director crazy, and speeding up boring tasks. But here's the thing, if you're going to use AI, for the love of your brand

(and your bottom line), let someone who actually understands content creation take the wheel. God forbid, would you trust me and AI if I were to devise your retirement plan or recommend a treatment for that rash of yours? I'm an artist!

From a branding perspective, what I'm seeing lately are "car crashes". Let's talk logos for example. Your logo or what we in the trenches call a visual identity, reflects your brand. Your values. Your positioning. Don't let some random AI mock-up swoop in and replace it with a shiny, generic, "close-enough" knockoff. I see too many logos that look like they've been dunked in hot water, shrunk two sizes and end up with a pink glow because they were washed with your red ginch. Your brand's unique font, colour palette and identity are gone.

Then there's brand imagery. I cannot believe we are in 2026 and I still have to say this, "People in photos should have the correct number of fingers". If a model in your image has a hand that looks like it lost a wrestling match with a blender, I don't care how "cool" the AI photo is, it's bad. Same with shadows. If your model is facing the sun, the shadow shouldn't be doing its own shadow puppet show in the opposite direction. And don't get me started on proportions. Legs that are eight feet long,

coffee cups the size of cars, and chairs that work with two legs get noticed.

These are not "little" things. These are the fine details that quietly scream, "No one cared enough to fix this!!" And that's the problem. Your brand isn't just your logo and some colors slapped on a Canva template. It's the accumulation of a thousand tiny decisions that either build trust or erode it. When you let AI spit out whatever and call it done, you're basically telling your audience, "Ah, you won't notice." Spoiler. They do.

I'm exhausted from defending my craft like it's some kind of luxury item. I keep having to say, "Good enough is not for me and my team." If you want "good enough," you can absolutely get it. Cheap. Fast. And with AI. Continue on. But don't pretend it's the same as strategic, thoughtful, on-brand, human-reviewed work.

At the end of the day, you do get what you pay for. And if you pay for generic, you get generic. If you pay for expertise, you get a brand that actually means something, and delivers results. Just put AI, a tool, in the hands of the professionals. Rant over.

Cheers, mark.

BRAGG CREEK & AREA CHAMBER OF COMMERCE

June in Bragg Creek always brings a renewed sense of energy. The trails are busy again, patios begin to fill, and both residents and visitors are eager to make the most of the longer days and warmer evenings. It's a season that reminds us to slow down, reconnect, and spend time with the people who matter most.

With Father's Day arriving this month, it's also the perfect opportunity to recognize the dads, grandfathers, mentors, and father figures who help shape our families and communities. Whether they are the adventurous type, the backyard barbecue expert, the early morning coffee enthusiast, or someone who simply enjoys time spent with family, Bragg Creek offers plenty of ways to celebrate them close to home.

One of the best parts of shopping in Bragg Creek is that gifts here often come with a story. Local shops and businesses offer thoughtful finds you won't see everywhere else — locally crafted t-shirts to artwork, specialty goods, adventures and experiences that create lasting memories. Shopping local also creates a ripple effect that benefits the entire community. Every time you choose a Bragg Creek business, you help support local entrepreneurs, staff, and families while contributing to the welcoming atmosphere that makes this area so special. Independent businesses are a huge part of Bragg Creek's identity, and community support helps ensure they continue to thrive through every season.

If you're searching for ideas this Father's Day or looking to explore more of what the community has to offer, the business directory at visitbraggcreek.com is a great place to begin. The directory highlights a wide range of local businesses, services, dining options, and experiences, making it easy to discover something new or reconnect with long-time favourites.

June is also an ideal time to rediscover Bragg Creek through a local lens. Spend a morning browsing shops, grab lunch on a patio, visit a gallery, or enjoy the outdoors before stopping into one of the many businesses that make our community unique. Supporting local can be part of everyday life, and those small choices

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continue to strengthen the connections that make Bragg Creek such a vibrant place to live and visit.

This month, we encourage everyone to celebrate Father's Day by keeping it local whenever possible. Not only will you find thoughtful gifts and memorable experiences, but you'll also be supporting the businesses that help keep our community strong year-round.

Join the Conversation

Our next Chamber meeting will take place on June 17th at 7:00 PM at The Post House. Chamber meetings are a great opportunity to connect with fellow

business owners, share ideas, and stay informed as we head into the busy summer season.

*Your Bragg Creek & Area
Chamber of Commerce
We would love to hear from you!
Questions and ideas welcome:
office@braggcreekchamber.com*



BRAGG CREEK PHYSIO

Finding Balance

As we age, maintaining balance, strength, and confidence becomes increasingly important for preserving independence and quality of life. Falls are one of the leading health concerns for older adults, yet many falls can be prevented with the right education, support, and physical activity. Programs like Finding Balance Alberta are helping seniors take proactive steps toward safer, healthier aging.

Finding Balance Alberta is an evidence-based fall prevention initiative designed for adults aged 65 and older. The province-wide program focuses on helping older adults reduce their risk of falls while remaining active and engaged in their communities. According to Kathy Belton from Finding Balance Alberta, the goal is not only to prevent injuries, but also to empower seniors to continue living the lifestyles they value most.

Falls among older adults are more common than many people realize. Research shows that one in three adults over the age of 65 will experience a fall each year. These incidents can have significant physical, emotional, and financial consequences. In fact, approximately 40 percent of admissions to long-term care homes are related to falls. However, most seniors would much rather remain in their own homes, maintaining their routines, hobbies, and independence for as long as possible.

The impact of a fall extends far beyond physical injury. After a fall, many seniors

lose confidence in their mobility and become fearful of walking or participating in activities they once enjoyed. This fear can lead to reduced physical activity, increased isolation, and a more sedentary lifestyle. Over time, decreased movement can weaken muscles, reduce balance, and increase the risk of future falls.

For many older adults, healthy aging means continuing to enjoy meaningful activities such as gardening, playing with grandchildren, walking outdoors, playing a musical instrument, biking or hiking. Maintaining mobility and confidence allows seniors to age gracefully and continue participating in the activities that bring them joy and purpose.

The encouraging news is that many falls are both predictable and preventable. Staying active and healthy is one of the most effective ways to reduce fall risk. Exercise programs that improve strength, balance, flexibility, and coordination can significantly decrease the likelihood of falling. Physiotherapy plays a major role in helping seniors stay safe and independent.

Physiotherapists are often considered the first line of defense in fall prevention. Through individualized assessments and treatment plans, physiotherapists can identify risk factors and help seniors improve physical function. Treatment may include strength training, balance exercises, gait retraining, coordination activities, and mobility work. Physiotherapy can also help manage chronic conditions such as arthritis, which may affect movement and stability.

One important aspect of fall prevention is recognizing that falls are usually caused by multiple factors rather than a single issue. These multifactorial causes can include muscle weakness, medication side

effects, poor footwear, previous injuries, environmental hazards, and reduced vision or balance. Identifying and addressing these risk factors can greatly improve safety.

Simple home modifications can make a significant difference in reducing fall risk. Seniors and caregivers are encouraged to “spot the hazards” around the home. Common concerns include loose area rugs, poor lighting, electrical cords in walking paths, slippery bathroom surfaces, and missing handrails. Outside the home, applying ice melt or gravel near entrances during winter months can help prevent slips. Wearing supportive footwear and using non-slip bath mats are also practical ways to improve safety.

Group exercise programs designed for older adults can provide both physical and social benefits. Participating in community-based exercise classes helps improve strength and balance while also fostering social connection and confidence. Physiotherapists can recommend appropriate local programs.

Preventing falls is about more than avoiding injury — it is about preserving independence, confidence, and quality of life. With proper education, physiotherapy support, safe home environments, and regular physical activity, seniors can continue doing the things they love while reducing their risk of falls. By taking proactive steps today, you can build strength, maintain balance, and continue living active, fulfilling lives for years to come.

Jennifer Gordon
(BSc.PT, GunnIMS, AFCI)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com

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BRAGG CREEK COMMUNITY ASSOCIATION

Just in case it's still May when you are reading this:

May 30 is our Indoor Yard Sale! It runs from 11am to 3pm at the Community Centre. Stop and Shop!

And now, on to: SUNNY JUNE!
Farmers Market Kicks off! The first

Sunday is June 14, running straight through to September 20th from 10am to 3pm. Note it runs on the Saturday for Bragg Creek Days (July 18 19). The market is fully booked with fresh growers, local makers, and handmade finds. Check it out each week and meet up with friends and neighbours too.

Clean Up the Creek! Lend a hand at the Bragg Creek Foundation's annual "Clean Up the Creek" event held on June 20th. Visit their website for full details – www.braggcreekfoundation.ca

Then comes: SIZZLIN' JULY!

Bragg Creek Days 2026 is taking over the weekend July 18 and 19!

SATURDAY will feature the Redwood Meadows Fire Department Pancake Breakfast, The Bragg Creek Chamber's 57th Annual Parade, Kidzone, The Trading Post Pony Rides, Outdoor Market, Bragg Creek Wild's BearSmart Demos, and so much more! Our famous Beer Gardens & Live Stage will be in the corral, so plan to stay the whole day!

SUNDAY will surprise you! An ALL NEW Car Show, Music and Beer Gardens will run from 11am to 3pm, complete with extra

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activities and family friendly fun. Tee Off at the annual Mabel Yeo's Memorial (Not A) Golf Tournament, hosted by the Bragg Creek Foundation.

Want to work on the planning committee? Contact Ramonde via the Community Centre. Opportunities to volunteer on event days will be posted on our website closer to the event. Thank you!

Registration is still open for Peak Ambition Summer Kids Camps, running weekly from June 29 to August 28 for children aged 5–13. With skilled coaches and engaging local experts, these camps offer an unforgettable summer experience. Sign up for a week or a day on the website!

Programs wrap up dates:

Springbank Dancers Bragg Creek – June 8

Pickleball – Mornings wrap up on June 10, Evenings on June 11

Rumble & Roar – June 18

Artsy Afternoon – June 18

Master Chef – June 22

Thank you to everyone who joined us this spring — from dancing and creating, to cooking, playing, and connecting with community.

Community Feature – Did you Know?

Your BCCA has introduced a new approach to Sponsorship that is making waves. It takes a look at business contributions from an annual lens and offers lots of new opportunities to get involved. For example, Cowboy Trail Brewery has partnered with us as an Annual Sponsor! Not only can you find their products at BCCA events and around town, but you can also see the impact of their support in what BCCA can offer. Partnerships like this have increased our resources to run amazing community building events, like an even bigger Bragg Creek Days! Talk to Shaye at the Centre if you want to learn more.

Take time to thank your Dad this month. Happy Father's Day!

Your BCCA
www.braggcreekca.com



We measure up to your expectations.

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Need a deck, patio, pathway, or outdoor entertainment area built, levelled off or upgraded? Let Harder do the heavy lifting while you enjoy all that summer has to offer with the time and money you'll save. Our humble beginnings started with landscaping; decades later we've grown, building trust and confidence with customers across Southern Alberta. We'll cover every inch of your project's needs.

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A car show you'll drool over

Rev up your weekend at the Bragg Creek Car Show.

This family-friendly event features classic cars, hot rods, and motorcycles in a beautiful mountain setting. Enjoy live music, beer garden and fun kids' activities.

Sunday, July 19th 11 AM – 3 PM

**Bragg Creek Community Centre Parking Lot
23 White Ave, Bragg Creek, AB**

Show Vehicle Registration - \$20

**For more info or questions email
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**Bragg
Creek
Days**



COWBOY TRAIL CAR CLUB



As our school year quickly comes to a close, we are excited to celebrate all the learning, play, and special memories we've shared together!

In honour of Aboriginal Awareness Month, each of our classes will have the opportunity to learn from Indigenous educators Leslee Mills and Chantal Chagnon. We are incredibly grateful to these two women for generously sharing their knowledge, time, and talents with us.

Our students are also eagerly anticipating our field trip to Granary Road, where they will explore interactive climbing exhibits and enjoy a day of adventure and discovery.

To wrap up our wonderful year together, we will host our Year-End Celebration Concert, where students will share songs and rhymes with their families. It will be a joyful way to celebrate a fantastic year and welcome a well-deserved summer break.

We look forward to reconnecting with familiar friends and welcoming new families in September! If you are interested in joining our community this Fall, please visit at www.thelittleschoolhouse.ca - registration is now open!

Wishing everyone a wonderful June and a safe, happy summer!

Ms. Shelley and The Little Schoolhouse Team



Turf & surf on Dad's Day?

After a day working on the lawn or tearing up a golf course, wouldn't it be nice to treat dad to a cool bevy on a warm patio? And while you're at it, pair that drink with a delicious tuna tartar, sautéed tiger prawns or schnitzel. Summer is coming and patio season is here. Better book your spot now.

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Bragg Creek Wild Fair Draws Strong Community Support

On May 2nd, the first Bragg Creek Wild Fair welcomed more than 300 people, bringing the community together to celebrate nature, learn about the environment and wildlife, and connect with local nature-based organizations, artists, and businesses.

The Wild Fair featured a vibrant marketplace of vendors and exhibitors, engaging workshops throughout the day, and a keynote address by conservationist, author, and former Banff National Park superintendent, Kevin Van Tighem. One of his central messages focused on the “three Ps”: planning, politics, and personal growth, as essential elements in protecting nature amid increasing land-use pressures and development.



As visitor numbers continue to rise, communities face growing demands for infrastructure and services. Yet the very development intended to support growth can gradually erode the natural environment that both residents and visitors value so deeply. Addressing this challenge requires thoughtful, informed planning that brings together visitors, local communities, environmental organizations, and specialists who understand ecosystems, wildlife, and the cumulative impacts of human activity.

Wild Fair was designed to be accessible to all and offered as much as possible free of charge.

In the May 2 Calgary Herald article by Devon Dekuyper, who covered the event, reported on the importance of finding this balance and on being ‘wild smart’. Being wild smart is not only about managing

garbage or avoiding littering, but also about approaching land-use planning in ways that respect ecosystems, wildlife, and the environment’s long-term health. It is about being mindful of the unintended consequences.

Beyond broader land-use planning, coexistence with wildlife also depends on the small choices we collectively make every day. Keeping Bragg Creek wild and resilient means picking up litter, driving carefully to reduce wildlife-vehicle collisions and human-wildlife conflicts by eliminating food attractants, and responsibly controlling pets. Together, these actions help protect the landscapes and wildlife that make this community so special.

We are grateful for the generous financial contribution of local businesses including, 3 Point Environmental, Fur Person Day Services, Bragg Creek Trading Post, Bragg Creek Real Estate, Century 21, The Best Little Wordhouse, Pam Atkinson, David Zimmerman Art, Brownie, High Country News and Bragg Creek Dental, along with our funders RockyView County, AB BearSmart, EcoTrust Foundation, and Yellowstone to Yukon Conservation Initiative for believe in Bragg Creek Wild.

Thank you as well to the artists who contributed to a successful raffle by donating artworks, and to all who purchased tickets or donated. Similarly, workshop facilitators kindly shared their knowledge of photography, forest bathing, our local orchid reserve, and building birdhouses, adding another layer of quality and depth to the event.

Finally, kudos to our most dynamic and inspiring team of volunteers who are responsible for designing, organizing, and putting this event together. Thank you!

Let's Clean Up the Creek on June 20th

Saturday 9am - 12pm

Meet at the Community Centre before 9am to pick up maps, bags, etc. Grab your gloves, bring your travel mug and join your friends and neighbours to help at our community street litter cleanup.

Barbecue lunch

served to volunteers from 11am - 1pm

For more information visit
braggcreekfoundation.ca

or contact
info@braggcreekfoundation.ca



**Bragg Creek
Foundation**

Friends of the 2026 community cleanup





REDWOOD MEADOWS EMERGENCY SERVICES

As warmer weather returns to and we head outdoors, we want to help everyone enjoy the season safely. Whether you're biking local trails, camping or enjoying waterways, a few simple habits can prevent emergencies and keep your adventures fun.

Staying Safe on Two Wheels

Cyclists of all ages are back onto our roads and trails. A safe ride starts long before your wheels hit the pavement.

- A properly fitted helmet is essential. It should sit level, cover the forehead, and fasten snugly under the chin.
- Riders should wear bright or reflective clothing to stay visible.
- Before each ride, do a quick inspection: test the brakes, inflate the tires, and ensure the chain is clean and lubricated.

When you're on the trails, choose trails that match YOUR ability. Watch for natural hazards and people stopped on the trail. When riding on roads, cyclists must follow

the same rules as vehicles—signal turns, stop at signs (or emergency vehicles that have stopped vehicle traffic), and ride in the same direction as traffic.

Safe Adventures Camping Outdoors

Camping is one of the best ways to enjoy our beautiful area, but it also requires preparation. Check the weather forecast before you go, let someone know where you'll be and when you plan to return. Pack essentials like a first aid kit, bear spray, extra water and warm layers—even summer nights can be cold.

If you plan to have a campfire (and there aren't any fire restrictions where you're camping), choose designated fire rings. Keep a bucket of water or a shovel nearby, and maintain a one metre clearance from tents, gear, and brush. Never leave a fire unattended, and ensure it's fully extinguished before you leave or go to sleep. A fire is out only when the ashes are cool to the touch.

Food safety is important. Store food in sealed containers and keep it away from sleeping areas to avoid attracting wildlife.

Enjoy the Water Responsibly

Whether you're visiting local lakes, rivers or backyard pools, water safety is essential. Children should always be within arm's

reach of an adult, even in shallow water. Strong swimmers should still use the buddy system—no one should swim alone.

Cold water can cause muscle cramps and shock; enter slowly and stay close to shore until you know the conditions. Life jackets are required for boating and paddleboarding, and always a good idea when swimming. Avoid alcohol when swimming or supervising swimmers.

Wishing everyone a safe and fun summer!

DONATIONS ACCEPTED

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

For more information contact:
RebuildRMES@redwoodmeadows.ab.ca



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BEFORE



AFTER



BCT Trail Talk

Spring conditions have continued to keep trail users on their toes, with periods of heavy wet snow and moisture creating a slower transition into summer. While short lived, these weather shifts are something we have become quite accustomed to.

May was a busy month for BCT staff and volunteers as we took advantage of earlier favourable conditions to begin several approved projects. Work is underway on portions of Snowshoe Hare East to reroute a steep hill climb and build a bypass around wetlands that have been on our radar for some time. Huge thanks to the early bird volunteers who jumped in to help make progress happen.

With summer construction and maintenance season now underway, BCT also has a new look on the staffing front.

We're excited to welcome Will Matthews as our Operations Manager and Karlee Lyon as our Volunteer Coordinator. We look forward to the experience, energy, and fresh perspectives they will bring to the organization and trail community.

WE NEED YOUR HELP!

With our annual work plan already underway, we need your help to keep progress moving!

If trails are part of what fuels your connection to the outdoors, trail building and stewardship are an incredible way to give back. Passing by a section of trail you helped build or repair is a feeling like no other.

If you're interested in getting involved, please reach out, volunteer@braggcreektrails.org.

2026 ANNUAL GENERAL MEETING REMINDER

For those who have supported BCT through volunteering or donations over the past year, you are invited to join us for our Annual General Meeting on Monday,

June 8 at 6:30 PM at the Snowbirds Chalet in Bragg Creek.

Please RSVP to info@braggcreektrails.org.

We hope to see you there!

Con Schiebel
BCT President



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Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

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

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

1:15pm: Exercise Class - 45 minutes
bring your own dumbbells or borrow
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2026 MEMBERSHIPS

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Questions? 403-949-3313

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BRAGG CREEK ENVIRONMENTAL COALITION

Owl Prowl 2026

Under the glow of an almost-full moon, volunteers gathered among the conifers and poplars surrounding Bragg Creek, listening for the haunting calls of owls during the annual Bragg Creek Environmental Coalition Bird Club Owl Prowl.

Held each spring, the nocturnal survey helps monitor owl populations in the foothills and surrounding forests. Participants travel predetermined routes after dark, stopping regularly to listen for and record owl calls. Species targeted during the count include Great Grey owls, Barred owls and Boreal owls.

"This count contributes to our understanding of local owl populations," said BCEC President Emma Barry. "Owls are indicators of ecosystem health, so hearing them - or not hearing them - tells us a great deal about what's happening in these forests."

This year's outings benefited from calm winds and mild weather, ideal conditions for carrying owl calls through the forest.

"There's something unforgettable about being out here at night," said longtime



participant Terrill Gordon. "You realize how alive the forest is when most people are asleep."

The Owl Prowl included two outings this spring. March participants endured cold temperatures before being rewarded with the distant hoots of Great Grey owls and a Pygmy owl. In April, the owl calls were overwhelmed with other sounds. The evening came alive with the winnowing of Wilson's snipe, croaking of frogs, chattering of ducks and the drumming of grouse beneath the moonlit sky.

Organizers say the event not only supports conservation efforts, but also deepens participants' appreciation for the forests surrounding Bragg Creek.

If you love owls, birds, forests and rivers, please connect with us at braggcreekenvironmentalcoalition.ca and follow us on Instagram at [braggcreekenvcoalition](https://www.instagram.com/braggcreekenvcoalition) to learn more about our fun and fulfilling citizen science conservation projects.

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SWAMP DONKEY MUSICAL THEATRE

LEAP DAY SUMMER CAMP

This course will teach students musical theatre skills as they learn the musical Leap Day. All costs including scripts, scores, costumes, props, etc. are included in the registration fee. The course will culminate in a fully staged performance of the musical Leap Day before a live audience on the final day of camp.

Musical Synopsis: Leap Day is inspired by the short story "The Days of the Week" by Hans Christian Andersen. Every Leap Day, the Days of the Week have a day off and celebrate with a huge party at the House of Father Time. However, this Leap Day, nothing goes as planned. The Days feel overworked, demanding an 8th day be added to the week. Tuesday and Friday's friendship is not what it used to be. And Mother Nature makes a surprising appearance which puts everyone on edge (synopsis from www.bbbpress.com).

Who: This camp is for participants ages 10 years and up (as of July 13, 2026). No prior musical theatre experience is required.

When: July 13-17, 2026 from 10:00 a.m. to 2:00 p.m.

Registration: begins Thursday, April 9, 2026 at 10:00 a.m. at www.swampdonkeytheatre.ca.



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

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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

Counterfeit Money Increasing

According to the “CashEssentials” website, “In 2024, Canadians paid with cash for one in five purchases, and almost four out of five held cash on hand in their wallets, purses or pockets.

In 2024 and 2025 there was an uptick in the prevalence of counterfeit Canadian money. Doing some back-of-the-envelope calculations using the Bank of Canada website data, the increase is about 30% to 50%. However, that is from a very low base number so don't be too alarmed. “The BoC aims to keep counterfeiting levels below a maximum target of 30 counterfeit notes per million notes in circulation (parts per million, or PPM). In 2021, the level of counterfeit notes was 7 PPM and remains well below the target.” (That's the latest year for which I could find that data.)

The more concerning fact is that the quality of counterfeit bills is increasing.

The BoC website offers the following tips for spotting counterfeit bills:

- Feel the smooth, unique texture of the note. It is made from a single piece of polymer with some transparent areas.
- Touch the portrait, the large number and the words “Bank of Canada” on the front of the note. You should find they are raised to the touch.
- Slide a finger over the word “Canada” in or around the large transparent window. It should feel slightly raised.
- Look at the metallic portrait in the large transparent window. It should match the large portrait on the front of the note.
- Verify that the numbers in and around the large transparent window match the value of the note.
- Tilt the top of the note toward you. You should see colour changes in the metallic portrait and other holographic features, on both the front and back.
- Flip the note over and make sure the metallic portrait in the transparent window matches the large portrait on the front of the note.

Now you're not likely to do that every time you accept a cash note from someone or a business, but you should focus on high-risk transactions. Buying on Market Place or social media is a higher risk as is accepting cash for the sale of your car. A few quick things to look for in those situations are:

- Are the serial numbers all the same.
- The Holographic band should be clear on both sides and should change colour when you tilt it. (this is a good test)
- Check if you can remove the holographic band by scratching with your fingernail.

Then there is the interesting case of the Camel Toe Toonie. I can't believe someone went to all this trouble for two bucks... but they did. It all started with a coin collector in the Toronto area finding high quality camel toe toonies in his change. “Since then, collectors from across the country have been on the hunt for these spurious bimetallic coins. While the fake toonies are being found easily in major cities such as Ottawa, Montreal and elsewhere, the highest concentrations are in the Greater Toronto Area with multiple reports of entire rolls or even multiple entire rolls of counterfeit coins being obtained from banks.”

From the BWJM website, “Doing the math with the most conservative of these numbers, one could estimate that there are 5 million counterfeit coins in circulation. This assumes an overall saturation rate of 0.5% against a cumulative mintage of genuine toonies by the Royal Canadian Mint of 1 billion pieces since 1996.” Now who would go to all that trouble of finding bimetallic blanks to make far less than \$2.00 on every one?

And how exactly do you pass off all of these millions of toonies? If someone offers you a 20 lb. bag of toonies for a private purchase, aren't you going to get suspicious? I guess if it was an 80-year-old lady with a cane and a sweet smile you might.

They are relatively easy to spot, since as the name “Camel Toe Toonie” suggests, the right front foot of the polar bear has a camel toe foot. The toes on the other feet aren't very well defined either and there are extra lines on the ice flow behind the bear's back leg. You can visit the BWJM.ca website for visual comparisons of an authentic toonie and a counterfeit coin.

Check your change, you just might have one.

Dave Schroeder
HCRCWA Board Member

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MILLARVILLE MEDIEVAL FAIRE EXPERIENCE

Knights, Vikings, Artisans & Adventure Arrive in Millarville

Step back in time and experience a world of knights, Vikings, wandering minstrels, artisan merchants, and medieval magic as the inaugural Millarville Medieval Faire & Artisan Market comes to the Millarville Racetrack from June 5–7, 2026.

Presented by LegendWorks Events Inc., this immersive three-day celebration invites guests of all ages to discover the excitement, wonder, and community spirit of the Middle Ages — right here in Southern Alberta.



Visitors can expect an unforgettable weekend filled with:

- Full-contact live jousting
- Heavy armoured combat demonstrations
- A living Viking village
- Storytellers, musicians, dancers, and entertainers
- A curated artisan marketplace featuring handcrafted goods
- Delicious food vendors and medieval-inspired fare
- Costume contests and interactive family activities
- Live performances and roaming characters throughout the grounds.

Building on the success of other Medieval Faire events across Alberta, organizers are excited to bring this immersive experience to Millarville for the very first time.

“This Faire is about creating memories,” says Gail Stamp, Lead Instigator of LegendWorks Events Inc. “Whether you come dressed as royalty, a Viking warrior, a wandering bard, or simply as yourself, everyone is welcome here. We’ve worked hard to create an event that feels magical, immersive, and family-friendly from the moment guests walk through the gates.”

The Faire combines large-scale entertainment with a strong focus on supporting small businesses, artisans, performers, and local tourism. Guests will have the opportunity to meet creators from across Canada and explore a marketplace filled with handcrafted jewelry, leatherwork, blacksmithing, fantasy art, medieval wares, clothing, apothecary goods, and more.

A highlight of the weekend will be the thrilling live jousting tournaments, where armored knights thunder down the lists in displays of horsemanship, skill, and courage.

Families are encouraged to attend in costume, though medieval attire is not required. The event is designed to be welcoming and accessible for longtime renaissance enthusiasts and first-time visitors alike.

LegendWorksEvents.com
MedievalFairesCanada.com



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MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm. The meetings are held at the Millarville Anglican Church House on Hwy 549 East

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

This is our potluck so bring your favorite harvest dish to share. Always lots of flavours to enjoy! Note this is the third Tuesday of the month.

Our theme will be to celebrate the 50th anniversary of the Millarville Horticultural Club.

Thursday June 4, 2026, 7pm will be our famous plant sale at the Millarville Racetrack quonset.

Members dig up and donate locally grown plant material. Hardy perennials, annuals, shrubs, trees all available for purchase. Come early as the sale is over in half an hour. There will be door prizes drawn at 6:50 pm.

Saturday and Sunday July 11 and 12 is the Millarville Anglican Church flower festival. There is always a delicious tea offered on the Saturday. Details to follow.

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

New members always welcome at our upcoming meetings

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

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MILLARVILLE COMMUNITY LIBRARY

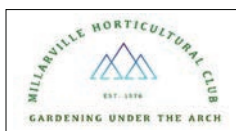
On May 7th, the Millarville Community Library hosted a Wine and Cheese event for all of the book clubs in the area, something we've done since 2008. There were 26 people present representing eleven book clubs from Bragg Creek to Diamond Valley. Each book club gave a review of their favourite book of the year. Erin Whaling from Spisherbocker Books in Diamond Valley was present as well bringing advanced reader copies of the spring collection for distribution to the participants. Erin then gave a delightful review of several books after the book clubs made their presentations. The event was made possible with the amazing volunteer help of Norma Dawson (wines), Lorraine Clark (fruit, cheese and crackers, + nuts), Lorraine Vernon (gluten free sweets), and Kim Burns (set-up) and of course our brilliant organizer, Karen Whitlie. Well done everyone and see you again next year!

Summer hours will start on June 29th. We will be open Tuesdays mornings from 9am till 12noon and Wednesdays from 10am till 7:30pm. We will be closed on Canada Day.

Summer Programs for kids will be every Wednesday from July 8th to August 26th. Please drop in for activities between 11:00am and 4:00pm. Adults must be present so bring your kids or grandkids and have some fun with us!

We would like to send a special thank you to the Millarville Horticultural Club for selecting our bid to spruce up our garden area by awarding us one of their Sandy Gregg Landscaping Grant's. We are so appreciative of these funds. Thank you again! Work begins June 1st and we can't wait to get started!

Interested in becoming a volunteer or board member? Please, drop in to see us and we'll tell you all about it. We're a great little library that does big things!



Millarville Horticultural Club's

<https://www.millarvillehortclub.com/>

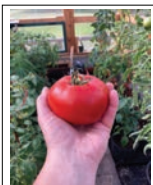
Annual Plant Sale

Thursday June 4th, 2026

In the Quonset at the Millarville Racetrack 7:00 pm to 7:45 pm

Very reasonable prices: all plant material is from our local Horticultural members.

Perennials,
annuals,
vegetables,
house plants, trees,
fruit shrubs,
surprises galore...



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Plant Donations: Please drop off on Thursday, June 4th from 3-6pm Thank you in advance!

Contact Glenda Bruder at 403-620-3309 for more info

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SQUARE BUTTE COMMUNITY

May was a busy month. We'd like to give a big shoutout to Tim Babey & The Millarville General Store for organizing a fun evening of Square Dancing. Thank you to the band, callers & everyone who came out to dance! We'd also like to say a huge thank you to the incredible volunteers who invested some serious time and energy at our casino fundraiser. Funds raised from this event will keep our hall operating for the next three years. Here's what's coming up at Square Butte Hall:

June 3rd– June 24th Fusionary Mind Body Spirit Hatha Yoga led by Tanya Evans

Wednesdays from 6:30-730pm

Members \$12.50 drop in & Non-Members \$15 drop in Sign up
atfusionarybodyworks@gmail.com

Sunday, June 7th - Spring Clean Up 1-4pm

Please bring gloves and gardening tools. We will be cleaning up the grounds and weeding the flower beds. Barbeque lunch to follow. Please email or sign up on our website so we can plan enough lunch!

Sunday, June 14th - FireSmart 10am

Come join local firefighters and industry leaders in wildfire preparation. Learn proactive measures to safeguard your properties. Fire trucks galore! Meet our special guest, EMBER THE FOX!

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RED DEER LAKE UNITED CHURCH

Join us at 10:30am every Sunday – **onsite or online** (YouTube - [@RedDeerLakeUnitedChurch](https://www.youtube.com/@RedDeerLakeUnitedChurch)) as we explore faith, hope, and connection together.

We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

Special Events

- June 3, 10:00 am – Coffee with the Minister
- June 4, 7:00 pm - Sound & Soul. Theme: Summer Vibes
- June 7, following the Service – Lunch & Learn. Theme: Queer Life in Alberta: An Affirming Community Check-In
- June 14, 10:30 am – Volunteer Recognition Service
- June 17, 10:00 am – Coffee with the Minister
- June 20, 9:00 am - Men's Breakfast
- June 28, following the Service – YK Collective Wrap-Up and a Picnic Lunch

*Please note that on May 24 there will be no Sunday Service held at Red Deer Lake, instead, join us for our Pentecost service at McDougall United Church.

ON THE EDGE CONCERT SERIES

The 2026-2027 Season Tickets are now on sale! Experience an unforgettable season of live music at Red Deer Lake United Church. Enjoy a lineup of talented performers spanning a variety of genres, and share in an afternoon/evening of music, community, and connection. Learn more and see upcoming concerts at reddeerlakeuc.com/concerts

SUMMER STAGE SUMMER CAMP

We're excited to announce the return of our two week, youth musical theatre summer camp, featuring this years' production of James and the Giant Peach Jr. This fun, imaginative, and creative camp experience, runs July 13-17 and July 20-24 at the McDougall site. It's a camp like no other and new this year, we're adding puppetry and mask making workshops! Cost for the two week camp is \$350. To register or for more information visit us at www.mcdunited.com/theatre

WEDDINGS & EVENTS CENTRE

Meadow Green Wedding and Events Centre, is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church—perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office 403-256-3181 to book your tour today!

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**Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.*



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PRIDDIS COMMUNITY

Hello Priddis,

It is hard to believe that it is June already! Playgroup, yoga and martial arts are continuing for June. After that, most of our programs take a break for the summer. Our main focus at the moment is planning for this year's Stampede Breakfast which takes place on Sunday July 5 from 8am-noon. We hope you will join us. We also require a lot of volunteers to make this event happen so please keep an eye out for the volunteer sign up coming soon.

We encourage everyone to follow us on social media (Facebook and Instagram) as that's the best way to keep up with what's happening in the community over the summer.

Yours in community,

*The Priddis Community Association
Board of Directors*



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COUNCILLOR UPDATE FOOTHILLS COUNTY By Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Priddis Transfer Station Fee Change:

Within my previous February High Country News article, I wrote about various waste management options, which were current at the time. Following that, an increased Transfer Station garbage fee came into effect on April 11, 2026, raising the fee from \$2 to \$5 per bag. In response to communications with Division 4 residents, I immediately began an effort to reduce the increased rate. I am sharing with you the process that recently took place to reduce the Transfer Station garbage fee from \$5 to \$3 per bag, with the results of the fee change to \$3 occurring on May 9, 2026.

Foothills County Council Agenda

Item: At the April 22, 2026, Council Meeting, I requested that an emergent item be brought forward for consideration: "Formal Request to restore previous Transfer Station garbage fee of \$2 per bag and discuss a path forward". I explained that there was an overwhelming response of residents, since the fee change, expressing their passionate concerns and reiterating their thankfulness for the affordable garbage disposal option which was previously available to them. Council agreed to accept this item on the agenda.

Fee Discussion: When Council discussed this agenda item, I shared that, as the local Councillor, I had received communications from residents who were upset about the increase to the Priddis Transfer Station garbage fee from \$2 to \$5 per bag. The previous cost to purchase a 10-pack of bags was \$20. It was raised to \$50 due to the fee increase. Further, I noted that this garbage disposal service is viewed as a special benefit for NW Foothills County residents that is much appreciated by residents. This service is a visible example which shows taxpayers that they receive something for their ongoing increasing taxes. Residents identified that through their significantly increasing taxes, they believe they are contributing to this service and would be grateful to the County for absorbing some costs in recognition of this. They stated that the percentage of increase was excessive,

that they received no notice or explanation, and do not support this sudden increase. I asked Council to consider the perspectives of NW Foothills residents who live a great distance away from centralized landfill services and who sincerely appreciate the long-standing benefit of affordable garbage disposal at the Priddis Transfer Station and the Diamond Valley Transfer Station.

Motion to Amend the Fee Bylaw:

Following discussion, I made a motion to request 1st reading of the Bylaw to amend the fee to \$3 per bag, because a zero-increase was not acceptable to Council. The motion was approved.

\$3 Fee now in place: On April 29, 2026, the matter returned to the Foothills County Agenda for consideration of granting 2nd & 3rd reading to Bylaw 21/2026 which would amend the Fee Bylaw. Both motions were approved, and therefore the amendment came into effect the following week on May 6, 2026, when the Minutes of the 29th meeting were adopted. Foothills County Staff then changed the fee and provided communications to advise residents of the change to \$3, including signage at the Transfer Stations, starting May 9, 2026. Thank you to Council for hearing our concerns and approving our request to lower the rate. Thank you to all the staff who facilitated and made changes to all our records.

Operation Costs Explained: Costs to operate the two Transfer Stations include trucking, landfill tipping fees, staff salaries, admin time, equipment rental, gas increases, phone, insurance, bag production, maintenance, utilities, repairs and more. The \$2 fee per bag had not been changed for over 20 years. The rationale for previously raising the rate to \$5 per bag was the goal to cover operational costs, not capital cost recovery. The estimate for operational expenses for 2026 is \$126,745. The total 2025 revenue at \$2 per bag came in at \$50,100, which showed a loss of \$76,645. The projected revenue at \$5 per bag was \$125,000. Incorporating the revised fee of \$3 per bag, the projected revenue for 2026 is \$75,000 per year.

For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>
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Please visit High Country News online for my previous articles: [highcountrynews.ca/?s=suzanne+oel](https://www.hightownnews.ca/?s=suzanne+oel)

With Best Regards, Suzanne



Hello, Diamond Valley. Well it's Parade Day coming up Saturday June 6. This will be the 58th annual Parade Weekend with lots to see and do for the whole family. Thank you to all the sponsors and volunteers who make this weekend happen, it's really appreciated!

The Parade starts at 10 am in Black Diamond. Check the Town's website for the inner loop route and bring a lawn chair. Remember they close the Parade route's roads during this time. Local businesses will be open with specials and there is usually live music scattered throughout the day. After the Parade head over to Millenium Park and the Flare and Derrick from 11-3 in Turner Valley for the Festival and Market. There will be food trucks, local specials, and entertainment for the kids. The Library generally holds its book sale on the Saturday as well. There will be a plant sale from the Diamond Valley Community Gardens as well as a BBQ and Bake Sale from 12-4 in the parking lot of the Anglican Church, and the Turner Valley Legion offers a nice place to sit and relax with the kitchen, patio, and bar open.

Head over to the Sheep Creek Arts Council on Sunset Boulevard for their annual Quilt Show and Bake Sale. They join with the Diamond Valley Quilters for this 19th annual event from 11-3 on June 4. Entry is by donation and you will find heritage, member, and charity quilts on display, with a raffle of two quilts. Funds from the raffle go toward materials for their charity quilts which go to Rowan House, Calgary Children's Hospital, and the Veterans Association.

Also benefitting Rowan House in June is the 5th annual Swing for Change Golf Tournament on June 8. Brought to you by Western Financial Group, this tourney runs from 1:30-9 at the Turner Valley Golf Course. To register and for full details, visit rowanhouse.ca.

The 39th annual Clothesline Art Sale at Leighton Art Centre will run on June 6 and 7 from 10-4. This unique event offers food trucks, live music, and activities for the whole family. Come explore the 80

acre historic property and find some amazing artwork by local artists. Their online Clothesline Art Sale runs all month. Check out the Sale and full details of the event at leightoncentre.org.

Plant lovers, mark your calendar for the Millarville Horticultural Club's annual Plant Sale on June 4. The Sale runs at the Quonset at the Racetrack from 7-7:45 pm. Donations of plants can be dropped off June 4 from 3-6. Very reasonable prices, cash only please, and you can check out their Facebook page for more.

Tune in to the Eagle 100.9 Radio for the "Together We Can Make a Difference" Radiothon on June 18. This event is held alongside the Sheep River Health Trust and funds raised will go to ten local organizations and Health initiatives. The Radiothon has raised over 850K over the past 12 years, so tune in and help make a difference together.

Connections Nature Play will be fundraising for their not for profit organization for 3-6 year olds. They will be selling rain barrels to be picked up at the Valley Makers Space from 12-8,

located at 218 Kennedy Drive in Turner Valley. Rain barrels must be pre-ordered by either calling 403-498-4939 or email at natureschool@dvslc.ca.

And the Sheep River Library is hosting "Little Explorers" on Thursdays from June 4-11 in Riverside Park. This program will provide children with the opportunity to connect with the natural world through hands-on outdoor activities. Dress for the weather and outdoor play. Please register at the Library.

Foothills Farmers Markets are starting up in June! The big Millarville Market runs Saturdays from 9-2. Check the website for the starting date. Other Markets in our area worth checking out are Longview, Okotoks, High River, Nanton, Bragg Creek, the Saskatoon Farm and Granary Road. Such a nice way to spend a Saturday, shop and explore a Market and then stop for lunch in our beautiful Foothills.

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

Happy Father's Day June 21!

Elaine Wansleben



LONGVIEW LIBRARY

Should anyone wonder what the Marigold System under which all libraries in southern Alberta operate, an explanation can be made. The system organizes a network which collectively serves the needs of its residents of south western Alberta. It provides the inter library loan system in which you can access any book from any library in the south west.

Your library's mandate is to provide a life long literary centre for the community of Longview. Your library provides access to a vast amount of knowledge. If you have an interest in our library and the community it serves, we would like to see you join our board. We meet the first Thursday of the month in the morning.

We have a lively summer reading program for our younger patrons. More of this in June or ask our librarian, Lynda, about it.

A pleasant read is *Going to Beautiful* by Antony Bidulka, an award winning Canadian author. His book is a love letter to our prairies, their peace, tranquility and resilience. It is also a murder mystery and a story of loss and grief ending in tenderness and joy.

Sylvia Binkley
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SHEEP RIVER LIBRARY

If you haven't seen Doris at the front desk lately, it is because she has been buried in the back room sorting out the book donations for our book sale on Saturday, June 6. As best we can, books are categorised according to subject or genre so you can more easily find what you are looking for.

We have thousands of items just wanting to find a new home. The sale runs from 11 am- 4 pm on our front entrance veranda. So come on over after the parade and see what treasures you can find. All items are for sale by cash only donation.

Registration is now open for our Summer Camps, and all information regarding camps is on our website. The Dragon Adventure Camp (July 6-10) gives kids a chance to be immersed in the world of Dungeons and Dragons; learn storytelling, character creation and game mechanics. Kananaskis Kids' Choir camp returns for the third summer, July 13-17. This camp includes music education, fun games and songs. It winds up with a concert showcasing all the amazing talent. Camp

Wildcraft (July 20-24) offers a fun-filled week of outdoor experience, hands-on experience and imaginative play. Campers will create using natural and recycled materials. STEAM camp returns July 27-31. Technology used at this camp includes Scratch, MakeyMakey, Lego Spike, Sphero Minis, Virtual Reality and Snap Circuits. In August we have three art camps run by Trish Draper of Art Adventures: Creature Collector Camp (August 4-7), Wizarding Worlds (August 10-14) and Tiny World Architects (August 17-21). Spots are filling up fast so come into the library to secure your child's place.

There is one more drumming circle before the summer break. We are thrilled that Judy Lawton, a certified drumming circle facilitator has agreed to take over running the group. The circle meets on Friday, June 12 at 7 pm. Drop ins are welcome, but registration is encouraged.

If you need tools to get that project completed around the house, don't forget our tool library which is made up of small tools such as a drill, sander, hand saw and many smaller items such as screwdrivers, hammers and pliers. Do you want to know what the chemical make-up and nutrient levels of your soil to make the best choice when it comes to planting? We have a soil tester for those of you who want to get

going on that garden. The tool library is located right on front of the circulation desk. We are adding crafting tools and other cool stuff this summer. Please ask the staff for help to retrieve any item you wish to check out.

Above the tool library we have our seasonal display case. Displays are either curated by the staff, such the recent poetry book display to celebrate Poetry month in April, or our wonderful art co-ordinators, Andy and Chester Lees. Art displays feature work from local artists such as the bird display in March. Currently, we have a Star Wars themed display in honour of Star Wars Day (May the Fourth be with you). Until it goes, I have a stormtrooper staring right into my office. It's hard not hear "dum, dum, da dum, da, da, dum, da, da, dum" in my head everyday.

Located next to the display cabinet are the drawers that store our AV items. We have made some changes to this collection. TV series DVDs are now housed separately from DVD/Blu Ray movies. If you are having difficulty locating the item you are looking for, please ask the staff for assistance.

The library will be closed Wednesday, July 1 for Canada Day.

Links directly to more information about everything in this article can be found at sheepriverlibrary.ca/news



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COUNCILLOR UPDATE FOOTHILLS COUNTY By Laura Kendall - Division 3

Christ Church Millarville celebrated its 130th anniversary. Louise Patterson Bruns played the old pump organ, a real treat for this historic event. See picture. Louise has a storied history with this church and organ having first played it in 1958. Her outfit was a family history exhibit, heirlooms collected over generations. The church was also packed for this milestone. Well done Louise!

Square Butte Community Association is hosting a Firesmart event on June 14th. See poster. Join us for a great morning of informative speakers, fire trucks, fire fighters cooking our lunch and our special guest Ember the Fox!! Join with the community to learn how to apply Firesmart principles to protect our properties.

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



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Lessons I Have Learned

At one time I had a book entitled something like, "The Greatest Lessons of Life I Learned in Kindergarten." A few weeks ago I was reflecting on the title of the book, which I am not certain I have remembered accurately, and I realized that most of my important life lessons were gained outside of my formal education. It has been said that life experience is our best teacher. I started making a list and here are some of my most important life lessons.

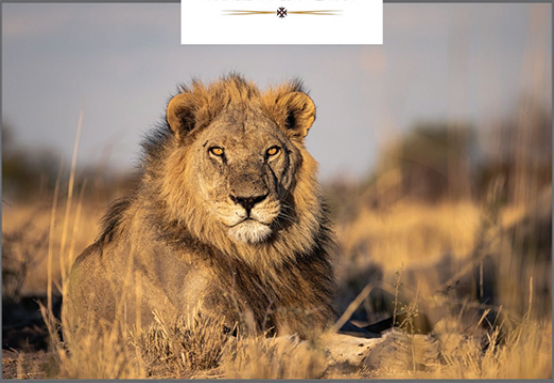
Through life experience I have Learned:

- That some of the most important life lessons were learned at the feet of wise, godly elderly people.
- That one person saying to me, "You've made my day!" made my day.
- That being kind was more important than being right.
- That I can always pray for someone when I don't have the strength to do something or I'm too far away to help in some tangible way.

- That no matter how serious your life requires you to be, you can't always take yourself seriously.
- That sometimes all a person needs is a hand to hold and a heart to understand.
- That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- That we should be glad God doesn't give us all we ask for.
- That money doesn't buy peace or joy.
- That it's the small daily happenings that makes life spectacular.
- That under everyone's hard shell is someone who wants to be appreciated and loved.
- That the Lord didn't do it all in one day. What makes me think I can?
- That to ignore the facts does not change the facts.
- That the big picture is made up of tiny artistic detail.
- That I grow as a person by surrounding myself with those who love God with a pure heart.
- That everyone you meet should be greeted with a smile.
- That I can't choose what people do to me but I can choose how I respond.
- That when you harbor bitterness, happiness and peace will dock elsewhere.
- That one should keep his words soft, tender and drizzled with honey because tomorrow you may have to eat them.
- That a smile is an inexpensive way to improve your looks and outdoes plastic surgery.
- That advice is most welcome on two occasions: when people ask for it and when people want it.
- That everyone wants to live on top of the mountain, but all the grace, love and character are built while you are climbing it.
- That it is not how long we live but how much life we bring to each day we live.
- That the race does not belong to the strong but to the true and the faithful.
- That history is a record of the events of our life. Heritage is the value we extract from those events.

Embrace each day with gratitude and contentment knowing that you have an opportunity to leave a footprint of excellence and the fragrance of care. Keep focused on the values that outlast time and I will see you at the top.

Duane Harder



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Foothills Lions Club Opens Turner Valley Campground to Support Community Initiatives

Diamond Valley, AB

The Foothills Lions Club is proud to announce that it has officially assumed management of the Turner Valley Campground, marking an exciting new chapter for both the Club and the community.

The transition comes as part of the Town of Diamond Valley's "Back to Basics" budget approach, which included exploring opportunities for community partnerships. The Town approached the Foothills Lions Club to take over operations of the campground. This opportunity was carefully considered by both the Club and its Campground Committee.

"This is currently a trial period, and we are looking forward to seeing how this can grow into a long-term opportunity for both the Club and the community," said Brad Whaling, incoming President of the Foothills Lions Club.

"Our goal has always been to serve, and this gives us another way to raise funds that go directly back into supporting local initiatives, events, and organizations."

The Foothills Lions Club is no stranger to campground operations. The Club previously managed the Turner Valley site when it was known as Hells Half Acre and has also successfully operated the Bob Lochhead Memorial Campground in Black Diamond for many years. With improvements made by the Town in recent years, particularly in booking systems and operational efficiencies, the Club is now well positioned to manage the campground more effectively.

"The systems now in place allow us to focus less on administration and more on creating a great experience for campers, including bringing back a camp host," said Vance Lucas, Campground Committee Lead for the Foothills Lions Club.

The Turner Valley Campground is well suited for families, with a range of nearby amenities including the outdoor pool, sports fields, and the Sheep River Library.

The spray park, located right next to the campground, is also a Lions-supported project and remains a popular feature for families visiting the area. Visitors can also enjoy easy access, within walking distance or a short drive, to the Diamond Valley Disc Golf Course, which the Foothills Lions Club supported in its development.

Bookings for the campground are available online through the Foothills Lions Club website, making it easy for visitors to plan their stay and enjoy everything the community has to offer.

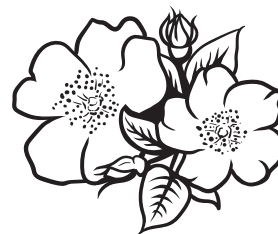
Revenue generated from the campground will directly support the Foothills Lions Club's ongoing contributions to the community. These include major events such as Light-Up Diamond Valley and the Diamond Valley New Year's Eve celebration, both now operated by the Club.

In addition, the Club continues to provide financial and volunteer support to a wide range of local organizations and initiatives, including the Oilfields Dryland Sailors, Foothills Skating Club, Oilfields High School, including provincials and Black and Gold Awards, and the Turner Valley Legion, along with many other community groups throughout the year.

"At the end of the day, this is about community," added Whaling. "If this allows us to give more, whether through events, funding, or volunteer support, then it is something worth doing."

The Foothills Lions Club looks forward to welcoming campers and continuing to build on its long-standing commitment to serving Diamond Valley and surrounding communities.

Foothills Lions Club
Email: info@foothillslionsclub.ca
Website: www.foothillslionsclub.ca/campground



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Running municipal sewer lines to every acreage is not practical, which makes home wastewater treatment a reality for acreage owners. And like your furnace, hot water tank, or plumbing, the goal with septic is simple: you want it to work.

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“But new is not the only option available to septic owners.”

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Knowing which options are available starts with knowledge and understanding. Your system is unique. The demand your home's water use places on that system is unique as well. Both need to be understood before the right recommendation can be made.

CleanEarth compiles detailed information about the system in the ground and the way the home uses water. That homework helps us understand whether the existing system can support the way you and your household want to live — and if it cannot, what practical options may exist to improve performance.

When applicable, we present the costs and benefits of four practical paths:

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- 3 Pursue comprehensive restoration and upgrades
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Many saturated or stressed septic fields may have repair or restoration options before full replacement is required. CleanEarth's approach is supported by deep field experience, extensive restoration data, and a practical understanding of how water use affects legacy systems already in the ground.

If something is happening with your septic system now — or if you are interested in system and tank longevity, protecting property value, or buying or selling a property with septic — call CleanEarth.

And if you are an acreage owner, or considering acreage life, CleanEarth hosts free Wine Workshops on Septic Ownership & Operations for local acreage communities throughout spring and summer.

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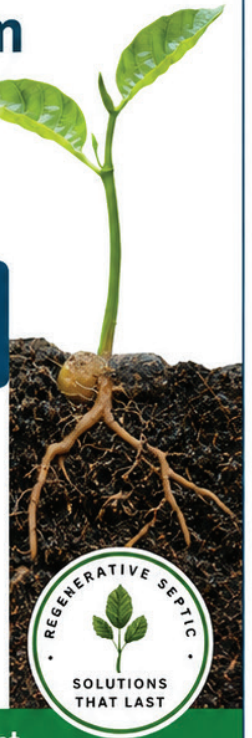


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Let's Get Hitched!

June officially kicks off wedding season, and along with the florals, seating charts, and questionable dance floor decisions comes one of the most overlooked parts of the entire experience: the wine. For years, wedding wine lists have followed the exact same formula. One generic white. One heavy red. Maybe a Prosecco toast if you're lucky. The wine becomes more of a box to check than part of the atmosphere itself.

One of my favourite parts of curating wine lists with Saint Wine Society is helping couples move away from the expected and toward wines that actually feel reflective of the experience they're creating. The best wedding wines are not necessarily the most expensive wines. They are the wines people remember. The wines that create atmosphere and make the evening feel more intentional.

Sparkling wine has become one of the biggest shifts I'm seeing. Couples still love the celebratory feeling of Champagne, but many are branching into styles that feel more interesting and approachable while still delivering that same energy.

Crémant has become a standout because it gives guests that elegant French sparkling wine experience without feeling overly formal or predictable. Made using the same traditional method as Champagne, Crémant tends to feel fresh, textured, and incredibly versatile with food. Choose Crémant from Burgundy, Loire or Limoux for the best flare.

Franciacorta is a sparkling wine quietly becoming a favourite among couples who want something luxurious but slightly unexpected. Produced in northern Italy, it has this creamy texture and polished elegance that instantly elevates an event. Spanish Cava, which deserves far more attention than it gets, is crisp, energetic, and incredibly food friendly. It creates a more relaxed, generous style of service that feels perfect for weddings where the goal is less about rigid formality and more about creating a genuinely good time.

Outside of sparkling wines, couples are becoming much more open to interesting varietals over the standard Sauvignon Blanc



LEFT:
Secrets de Mar Grenache
Blanc and Macabeo
From Market Wines

RIGHT:
Muratori Franciacorta
Imported by Collectio Imports

and Cabernet pairing that dominates so many banquet menus.

Albariño is one of the best examples. It feels made for summer weddings. Bright citrus, minerality, freshness, and just enough salinity to make it incredible with seafood towers, oysters, lighter appetizers, and warm evenings outside.

Godello is another varietal having a moment right now. This Spanish white has more texture and weight while still feeling vibrant and fresh. It works beautifully for weddings because it can bridge the gap between crisp patio wines and richer dinner pairings without overwhelming guests. Chenin Blanc continues to rise in popularity because of how versatile it is. Depending on the style, it can feel bright and mineral driven or softer with orchard fruit and honeyed notes.

Either way, it tends to appeal to both casual wine drinkers and people who genuinely love wine, which is exactly what you want when serving a room full of guests with completely different palates.

Even reds are shifting lighter for wedding season. More couples are leaning into chilled reds like Gamay, lighter Pinot Noir, Grignolino d'Asti, or even chilled Grenache

instead of heavy, high alcohol reds that feel exhausting halfway through dinner.

Rosé is evolving too. Instead of the pale, poolside styles that became trendy over the last few years, I'm seeing more interest in rosés from Tavel. Tavel has more structure, depth, and savoury character, which makes it significantly better with food. It can hold its own through dinner service instead of feeling like something designed exclusively for Instagram.

The best wedding wine lists today feel curated rather than obligatory. They create conversation. They surprise people a little. They help shape the mood of the evening instead of disappearing into the background. Reach out to Saint to bring excitement back into your wedding wine service!

Cheers!

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

Photo Credit: Stephanie Gilker



Stephanie Gilker

saint wine society

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Website



Instagram





Anna De Paoli Testimonial

My name is Anna. I'm a 45-year-old entrepreneur who lives on an acreage in Priddis with my husband and our two children. My journey back to health and happiness really began around my 40th birthday, which became a major turning point in my life. By December 2021, after the COVID restrictions had lifted, I realized I needed to make some lasting changes.

In my twenties, I was very fit, training intensely as a university rower. After graduation and throughout my career, long hours, stress, and a busy lifestyle made consistent exercise difficult. Over time, especially during the pandemic, I developed habits that didn't serve me well, including drinking wine most evenings.

By the end of 2021, I had reached what I called my "enough is enough" moment. I weighed 70 kg and realized that if I didn't make changes now, maintaining my health and weight would become increasingly difficult as I aged.

After researching several options, I joined Noom®, a weight-loss app that combines calorie tracking with cognitive behavioural therapy techniques. The structure worked very well for me. Through healthier nutrition choices and consistency, I lost 16.5 kg (36 lbs), surpassing my original goal weight. I gradually rebuilt my fitness starting with walking toward 10,000 steps a day, then returned to yoga, completed a 10-mile race, and eventually began strength training with a personal trainer—regaining my strength, fitness, and consistency.

Around 2024, I hit a plateau, even while working out up to 14 hours per week. Despite being consistent, I felt stuck, bulky, and frustrated. Looking back, early menopause was likely playing a significant role.

Around that time, I came across one of Jari Love's articles in the High Country News and was immediately intrigued by her science-based approach to training women through midlife and hormonal changes. I had known of Jari from her online workout

videos years earlier, but group fitness was far outside my comfort zone.

When we first met, I told her I wanted to train smarter, lose a few pounds, and feel like myself again. What stood out instantly was how personalized and data-driven her approach was. Instead of focusing only on the scale, she recommended VO2 max and body composition testing to establish a true baseline.

We shifted my training to focus on smarter, more efficient workouts and adjusted my nutrition. Within three months, I lost the weight I wanted to lose and saw a dramatic change in body composition—developing visible muscle definition, feeling stronger, more energized, and more confident than ever before.

Over the past two years, I've continued training with Jari in different formats, and she's helped me navigate the physical and emotional challenges of menopause and midlife.

Today, at 45, I genuinely feel fitter and healthier than ever. My VO2 max has improved by 20%, I have achieved my body composition goals, and I feel stronger both mentally and physically. I have also discovered new interests and goals for myself, including signing up for a 200-hour yoga teacher training program next year

— not to teach, but simply to continue learning and growing personally.

One of the greatest lessons I learned through this process is that growth often happens when we step outside our comfort zone and try something new. Changing trainers, changing workout styles, or changing goals does not mean failure. Sometimes those changes are exactly what reignite motivation and create exciting new progress.

If I could give one piece of advice, it would be to simply start somewhere and stay consistent. Success isn't about finding the perfect program—it's about commitment, adaptability, and choosing something you enjoy enough to sustain long term. My transformation wasn't just about weight loss; it was about rediscovering myself, finding joy in movement again, and embracing growth at any stage of life.

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

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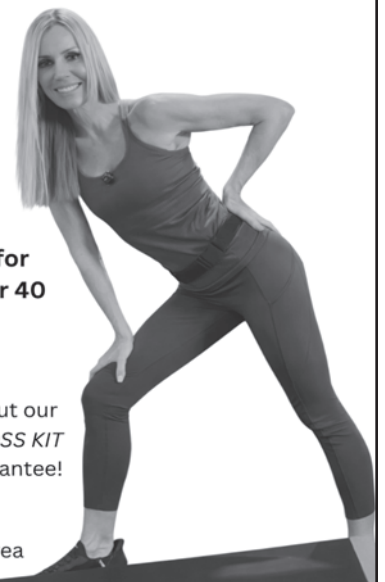
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MORTGAGE MATTERS by Candace Perko

How the Current Oil Crisis Is Affecting Canadian Mortgage Rates

Canada's mortgage market is once again being influenced by global energy prices. As oil prices surge due to geopolitical tensions in the Middle East and ongoing global trade uncertainty, economists and lenders are closely watching how the situation could affect interest rates and borrowing costs for Canadians.

While oil and mortgages may seem unrelated at first glance, the connection is significant. Higher oil prices can drive inflation higher, influence bond yields, and alter the direction of the Bank of Canada's interest rate policy - all of which directly impact mortgage rates.

The current oil crisis began escalating earlier this year after disruptions in global energy supply pushed crude oil prices sharply higher. The Bank of Canada has acknowledged that rising energy costs are contributing to inflation pressures across the economy.

Why Oil Prices Matter to Mortgage Rates

When oil prices rise, transportation, manufacturing, and consumer costs typically increase as well. Canadians feel this first at the gas pump, but it eventually spreads into food

prices, shipping costs, and everyday expenses. This broader inflation pressure becomes a concern for the Bank of Canada.

The Bank's primary mandate is to keep inflation under control, generally around the 2% target. If inflation rises too quickly or becomes persistent, the Bank may respond by holding rates higher for longer or even increasing rates further.

That matters because variable mortgage rates in Canada are directly tied to the Bank of Canada's overnight lending rate. As long as the central bank maintains a cautious stance, variable-rate borrowers are unlikely to see significant payment relief.

The Bank of Canada recently held its policy rate steady at 2.25%, but Governor Tiff Macklem warned that sustained energy inflation could require additional tightening if inflation spreads beyond fuel costs.

Fixed Mortgage Rates Are Also

Feeling Pressure

Even though fixed mortgage rates are not directly controlled by the Bank of Canada, they are heavily influenced by government bond yields - particularly the five-year bond market.

Oil-driven inflation fears have pushed bond yields higher in recent weeks, causing many lenders to either increase fixed mortgage rates or delay expected rate cuts.

This means borrowers shopping for a mortgage in 2026 are facing a more uncertain environment than many expected earlier in the year. At the start of 2026, there was optimism

that mortgage rates would continue gradually declining. However, the resurgence of inflation concerns tied to oil prices has slowed that momentum considerably.

Some economists still believe rates could stabilize later in the year if oil prices retreat and inflation cools. The Bank of Canada's current outlook assumes oil prices will gradually decline through 2027.

What This Means for Canadian Borrowers

For homeowners approaching renewal, the current environment reinforces the importance of planning ahead. While rates remain lower than the peak levels seen in 2023 and 2024, they are still considerably higher than the ultra-low borrowing costs Canadians became accustomed to during the pandemic years.

Variable-rate borrowers may continue to face uncertainty until inflation pressures clearly ease. Fixed-rate borrowers, meanwhile, may want to watch bond market movements closely, as rate pricing can change quickly based on global economic events.

The good news is that Canada's economy is not experiencing the same level of inflation shock seen in previous oil crises. Core inflation

remains relatively contained, and economists note that weaker consumer demand could help limit long-term inflationary pressure.

Still, the connection between oil prices and mortgage rates has become impossible to ignore. For Canadians considering a purchase, refinance, or renewal in 2026, global energy markets are now playing a larger role in mortgage affordability than many anticipated just a few months ago.

Candace Perko, Mortgage Broker

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HOW TO APPLY FOR PATENTS Part III

CAN I CONDUCT MY OWN PATENT SEARCH?

The only way that you can conduct a proper patent search yourself is to personally visit the Patent Office. This, in most cases, is not practical and would be very expensive. Further, unless you have substantial experience in doing patent searches, you are very unlikely to conduct a thorough and accurate search and you may very likely not find patents which are relevant to your idea.

If you are unsuccessful in conducting a thorough and accurate search, there is no point in conducting the search at all, as an inaccurate or poorly done search is of very little value to you. The purpose of conducting the search is to warn you of any difficulties which you may have in pursuing patent protection for your idea, thus, it is important that the search be as complete as possible.

An incomplete search can give you a false sense of optimism at your prospects of obtaining a patent. In this regard, you would prepare and file a patent application only to discover later that the application was objected to on the basis that your initial search missed a patent.

In addition, if your patent application does not point out the substantial differences and benefits of your invention over any other patented inventions, the Patent Office will not likely approve your application. By having the patentability search done first, you can determine not only how successful you may be in pursuing a patent application, but also enable you to improve the quality of your patent application and thereby improve your chances of obtaining a patent.

When a patent application is examined, and the patent examiner believes that you have not done sufficient work to prepare the application, (that you have not conducted an initial patentability search or have done a very poor search), the examiner will reject your application or at the very least, oppose a number of the portions of your application.

This will make it much more difficult for you to obtain a patent, since the examiner

has already determined that he or she is not going to allow your application and you must then attempt to persuade the examiner that he or she is mistaken and that the objections raised by the examiner were improper or for some reason should not have been raised.

On the other hand, if you have done a complete and thorough search, you will be able to improve the quality of your patent application, thereby increasing the probability of your application being granted.

WHERE SHOULD I DO A SEARCH OR HAVE ONE DONE FOR ME?

We would recommend that the initial patent search be conducted in the US Patent Office as it has far more patents on record than the Canadian Office, thus a search conducted there will be more accurate and thorough than a search conducted elsewhere.

In the next issue we'll get into the details of international, specifically US office patents

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Number Fun

Amanda skips along the stony trail.

"...sixteen...seventeen, eighteen...
nineteen...twenty-twentyone-twentytwo-
twentythree...twenty-four!"

A delighted squeal and she turns around,
hands in the air.

"Twenty-five, Grandma! Twenty-five
dandelion flowers!"

Last week we took this same trail.
Greys and browns covered the landscape.
Plain. Lifeless.

This week I pull a twig close to my face.
Miniature pointed leaves emerge from
bulging buds.

"Look!" I call, "chokecherry buds
are bursting!"

But Amanda's attention is absorbed
by the brilliant gold in the dust of the
gravel pathway.

"...thirty-seven...thirty-eight...
thirty-nine...thirty-TEN!" she shrieks,
running towards me. "Thirty-TEN
dandelion flowers!"

"Forty!" I call. "Thirty-nine, forty."

Amanda stands still a moment, thinking,
"Thank you for the information, Grandma.
I will remember. Thirty-nine, forty."

And she will remember. Her preciseness
can be irritating at times, but it is in her
nature. It is her gift.

My mind drifts back many years to a time
when her mother was about the same age
as Amanda. I was sipping coffee in my
kitchen with a friend while our little girls
played in the living-room.

"You know," said my friend, Jennifer, "I
always look forward to this time of the year."

"You mean the spring flowers?" I asked.

"Well...yes..." she said. Then with a
twinkle in her eye and a sheepish grin she
confessed, "It's the income tax forms. They
have arrived. I love numbers. And, I love
doing income tax returns."

I was astounded. How could anyone love
filling out income tax forms?

"I like doing something I can succeed at,"
continued Jennifer. "The twins mess up
everything I do around the house, and
Corby's getting into fights at school. But
when I sit down and do income tax returns
I can make the numbers come out right."

I nodded. I understood. Jennifer's
preciseness was irritating at times, but her
love of numbers and income tax forms was
in her nature. It is her gift.

I tried to think of something I did that
felt good and came out right. It wasn't
numbers, but I, too, had something in my
life that felt satisfying.

"Thanks for listening," Jennifer said as she
got up to leave. It's been a good chat. I can't
say these things to just anyone. They'd
think I'm crazy!"

My mind hurtles back to the present as
Amanda's urgent voice bursts through
my reverie. "What comes after forty-nine,
Grandma?"

"Fifty," I say automatically.

"Thanks!" she says. "Fifty. Fifty-one,
fifty-two..."

Dandelions! It's irritating when dandelions
keep popping up in my yard where I
don't want them, but they, too, have their
place. They grow where other native
plants cannot. Few dandelions survive
in the rolling hills of ranchland that are
a mosaic of shooting star, prairie smoke,
aster, pussytoes, clover, milkweed,
wild geranium, prairie crocus, Indian
paintbrush, lupin and buttercup.

I celebrate Jennifer's gift with numbers.
It is good to have accountants who are
picky about getting their work 'just right'.
Income tax, although hated by many, has
its place. I enjoy the benefits of a pension
plan, excellent health care and good roads
to drive on.

I celebrate the ability of these wildflowers
to put down deep roots and tenaciously
hold onto life through harsh Alberta
winters to bloom in beauty each spring.
It is their nature. It is their gift.

And I celebrate the effervescent joy of
childhood. Maybe, if I hold onto that joy,
it will give me hope for the springs that
inevitably come after the winters of life.

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OUT OF THE RUT by Kat Dancer

Chapter 190

Greetings dear reader. Back in the land of wild winds and wonderful vistas, the mountains greeting my morning excursions and implacable great grey owls sentinel atop fence posts, two owls one morning. Deer gadding about all over the place, calves dot the landscape and the sense of growth, fertility, newness washes over everything. Spring in Alberta is a glorious thing. Of course, as I write this we're headed into the long weekend with forecasts of all kinds of rain and snow and possible excesses of weather. Enjoy the camping season!

I have launched myself back into the business of therapy almost on landing... visiting new places, talking to new people, letting things be known. I managed to resurrect an old relationship that may bear much fruit in the days to come... or not, who knows?

Coming back to my beautiful sanctuary home, place of peace and internal greenery. I am thankful for friends who support my adventures and help me maintain this existence.

Reuniting with my four-legged friend who has happily passed a few months being her best self, living wild, enjoying the company of others of her kind, she seems remarkably content to spend time in my company despite my long absence. We took some long walks together exploring reaches beyond the safety of the herd, restoring independence, discovering new grass, new bodies of water, places to plunge and play. Good times. It's great to be home.

Working with a bunch of new horses, practicing new techniques and honing old ones, discovering new and exciting things every day. I am deep in study and practice, moving through a sequence of challenges at great speed, up against a deadline and thus far thriving. The work I did while in Europe serves to broaden my knowledge and appreciation of all things different and the same. New people to meet and new horses to make friends with, all good stuff for the months ahead.

Human and Horse Healing, spending a morning making a human feel really good, then the same with a horse or two in the afternoon. I'm so blessed to spend the majority of my day in the company of some of the most magical beasts on earth. Maybe you're one of them?! There are few things as healing for the soul than seeing someone walk away with a glow about them, or sitting in the sunshine watching and listening to the happy contented munching of horse on grass.

I couldn't bring myself to leave the barn last night. After fun times riding bareback on my elastic-band of a pony, then a long time sitting with said horse, saying goodbye for the day... I found myself sat cross-legged in the rapidly-growing green grass, admiring almost cloudless blue sky and the heat of the waning sun on my back, birds singing, breeze blowing – thankfully less forcefully than earlier in the day when clouds of dust attempted assault on my eyes at regular intervals.

It was a good day. Today is a good day. May every day be a good day.

Thanks to Monika for this fab photo of my best beastie.

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LAURA GRIFFIN

Smallest Falcon Fathers Feed Family

June has arrived with baseball season in full swing and a day to celebrate our fathers, so why not talk about a fantastic feathered father who weighs as much as a baseball and is about the size of a jay. It is the smallest member of the falcon family, the American Kestrel.

These “hummingbirds” of the raptor world use their light weight to their advantage as they fly into the wind and flap to hover in place as they search for prey in open areas. Their keen eyesight allows them to spot some of their favorite prey insects and small rodents as they dart in and out of cover. The kestrel can drop down and then hover again as they wait for the right moment to capture prey in their talons and swiftly finish it off with the falcon's specialized beak. The beak has a key identifying feature, the tomial tooth, a sharp triangular-shaped notch on the outer edges of their top beak that they use to quickly kill their prey by severing their neck vertebrae.

Photo by Laura Griffin



In Alberta, June is when you will most likely be observing this hunting behaviour from a male who is feeding his family. The male kestrel finds several potential cavity nest sites between late April and mid May and the female chooses the one she likes best to lay her eggs. As she incubates the eggs for about a month he will hunt and provide food for her. Once the eggs hatch he still continues to provide most of the food for the nestlings until they leave the nest another month later as fledglings. An example of exemplary father behaviour.

Despite his smaller size he will defend his territory with his shrill “killy killy killy” call

If you are looking to identify the American kestrel they have some fun features, like eye spots and a beak-like marking on the back of their rusty feathers to help them trick potential predators. The kestrels have two black moustaches called malar stripes which helps them with their diurnal hunting as it absorbs sunlight, kinda like having built in sunglasses. They have a light underbelly with black markings. Unlike other raptors, the kestrels display sexual dimorphism, which is a fancy way to say you can tell males and females apart by how they look. In addition to the rusty colouration males have greyish blue on their wings and as a headband.

I had the pleasure of working alongside Reggie the American Kestrel from the Alberta Birds of Prey Foundation at a recent work event. He is an educational ambassador that brings awareness to birds of prey and the dangers they face. If you are looking for a fun day trip for dad or any birder in your life to get up close and personal with birds of prey and help with the recovery efforts of Alberta's first privately licensed raptor rescue and conservation organization then I suggest heading to the Alberta Birds of Prey Foundation website at <https://burrowingowl.com/>



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June	Relaxing
Barbeque	Family
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Kids	Daddy
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Chores	Projects
Garage	Camping
Steak	Drinks
Sports	Party

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E	T	E	U	D	C	C	B	R	U	N	C	H	L	O
F	H	R	N	C	D	A	D	D	Y	I	P	M	E	R
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ADHD, LONELINESS AND FRIENDSHIP

SPENDING TOO MUCH TIME IN YOUR HEAD?

If you are feeling lonely, then you are not alone and not without help. People with ADHD may need alone time to process things because their brain feels overstimulated or overwhelmed. You may have lots of thoughts in your head or "cognitive abundance". The demands of everyday life can pile up, you feel demotivated, demoralized, stressed and burnt out.

ARE PEOPLE WITH ADHD LONELIER?

We are social creatures by nature and need a sense of community to thrive. Anybody can feel lonely, even within a crowd of people. However, those with ADHD relate a little differently to the world around them and can feel like they don't belong. Sometimes it is difficult to make 'small talk', to catch social cues, to process information on the go especially in noisy environments, with 'zoning out', making concentration harder or getting bored. You may end up feeling there is nobody who understands you or with whom you could 'let your hair down'.

DIFFICULTY MAKING FRIENDS

Those with ADHD are often challenged by finding and maintaining friendships. Fortunately, there are many ways to overcome these obstacles. The first

thing to understand is how your symptoms can get in the way. If you have problems with time management, then learn to prioritize your friendships and set up mutually fulfilling or interesting get-togethers. If you have social anxiety, then you could do hiking out in nature, a virtual coffee or sign up for online classes in art or yoga. You could also find new ways of connecting with people by volunteering, checking out your local community center or upcoming events in your area. When you look forward to it, you are less likely to forget about it. People want to feel that they are important and matter to you. Make a sticky note about something personal they shared i.e. what are the names of their children or who is due to have a baby? When you remember to refer to it during future conversations, they will feel that you care and value the friendship.

RELATIONSHIP BURN-OUT

At times, ADHD behaviours can cause difficulties in a relationship i.e. the non-ADHD partner feels undervalued or that their emotional needs are not met. Relationships with little connection may lead to intimacy, trust and communication issues.

There are challenges and opportunities in every relationship where ADHD is present. People say they know who they want to be and what they should do. The trick though, is in noticing what is happening and how you need to change to get a better outcome.

CO-EXISTING CONDITIONS

Sometimes ADHD has secondary complications. Common conditions such as anxiety, depression or addiction increase your chances of social isolation and

loneliness. Long-term isolation can erode your social skills and increase social anxiety. This can have serious health repercussions. Join a support group where you can hang out with others who understand you in a way that nobody else can.

WHAT CAN I DO?

- Try journaling. Define your fears and barriers when it comes to meeting other people.
- Ask for help. Reach out to those you trust and ask them which social skills you could improve on.
- Let others understand you better. Explain how forgetfulness or inattention are part of your ADHD, not your lack of care or affection. Being understood is something you absolutely deserve!
- Consider therapy to help with rejection sensitivity, low self-esteem, unresolved trauma and many other issues.

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



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NORMAN GARNET YOUNG 1947 - 2026

With heavy hearts, we sadly announce that on May 15, 2026 Norman Garnet Young (Garnet) passed away surrounded by his family at the age of 78.

Garnet was born on October 12, 1947, in Portage la Prairie, Manitoba, and spent the greater part of his life in Calgary, Priddis, and High River—places he held close to his heart as he built a life defined by love, lasting friendships, and countless cherished memories.

He will be dearly missed by his wife, Janice, of 34 years; his daughters Jackie, Janet (Kevin), Denise (Dean), and Shelly. He will be remembered in the hearts of his grandchildren Breanna, Jenna, Felicia, Holden, and Reese; his sibling, Marion (Murray); his sisters in law Lynn (Wayne) and Heather; and his brother in law Charles (Rosalie). He was predeceased by his parents, Leslie and Irene Young; his brother, Leslie Young (Anna Maj); and his brothers in law Keith and Ed (Judy) Pedersen.

For over 40 years, he devoted his time, talent, and unwavering dedication to one company, Trotter & Morton—a rare and remarkable reflection of his loyalty, integrity, and strong work ethic. He was a man of quiet strength and genuine kindness, whose presence left a lasting impression on everyone he met. Beyond his professional life, he gave generously of his time as a volunteer, serving with organizations such as the Priddis Fire Department and SAIT.

In doing so, he supported his community with the same dedication, compassion, and care that defined his life.

He cherished the many summers spent at Christina Lake, where he found peace and joy in nature. In his spare time, he created beautiful stained-glass pieces, each one a reflection of his creativity and careful craftsmanship. He took great pleasure in cheering on the Toronto Blue Jays and enjoyed every opportunity to spend time on the golf course.

A celebration of life will be held on June 6, 2026 from 1-4pm at Snodgrass Funeral Home, High River.

In lieu of flowers, donations may be made to Rowan Society or Alberta Diabetes Foundation in Garnet's memory.

Arrangements in care of Snodgrass Funeral Home, High River. Ph. 403-652-2222.

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ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-651-5852

RANCHER BUNGALOW ON ACREAGE
Contact Amber - michelleamherwhite@gmail.com 403-200-8422 Actively seeking to purchase a rancher bungalow heavily treed acreage property within Springbank. Open to off market opportunities and properties needing fixing up or renovation projects.

SEEKING RURAL ACCOMMODATION
Single professional female, n/s, n/d, two cats, two horses, seeking long-term acreage rental. 403.971.4545.

5 AND 10 PIN BOWLING BALLS
Contact Mark Farris Phone: 4035544747 I'm looking for old 5 and 10 pin bowling balls (bocce balls might work too) to use for mosaic projects. The balls can be worn, cracked and even chipped. Happy to come and pick them up.

SHOTGUNS WANTED
old shotguns wanted by retired engineer and collector, any gauge, prefer Hammer, single or double barrel, not for resale, please phone 403-201-7181, valid firearms license holder.

FOR SALE

EARTHWISE GARDEN CHIPPER/SHREDDER
Contact Sue. Phone: (403) 809-5638 Price: \$ 100.00 Electric 15 amp motor - on stand, 18a X 14, plastic collection bin, 42" high, portable with 2 wheels. Model # GS70015.

RALLY HEAVY DUTY GARDEN TILLER
Contact Sue. Phone: 1(403) 809-5638 Price: \$200 Briggs & Stratton engine, 5 HP gas engine, chain drive, forward & reverse, 4 tillers-24" wide, needs new carburetor & gas tank.

ARTICLES FOR SALE 3 Hd van roof racks \$75. 403-949-2277

BIRD CAGE/ACCESSORIES
Used SS parrot cage 32"H x 36"W x 26"D on wheeled base, total height 61". \$375 Large selection of bird toys and accessories open to offers. Contact Warren at email or phone cwmcnabb@telusplanet.net / 403 949 3452

BIRD TRAVEL CAGE
Parrot or small bird powder coated travel cage 20"H x 14"W x 15"D, folds flat not in use, \$45.00 Contact Warren by email or phone cwmcnabb@telusplanet.net / 403 949 3452

LAMB Local, grass-fed lamb. \$280/side, \$550/whole. Custom cut and wrapped, ready for your freezer. Check our website then call to reserve your lamb for delivery this fall. www.rafter1ranch.ca

MISC ITEMS Wood wheeled microwave cart, two bottom drawers one shelf, 14"W x 16"D x 24"H. \$30 Contact Warren 403 949 3452

MISC ITEMS McLane S bladed gas powered reel lawn mower. \$325. Contact Warren 403 949 3452

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