

HIGH COUNTRY *News*

*Serving the
Communities of*

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



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



Kevin Haller

(403) 990-6678 | hallerrealestateteam.ca





Evergreen
Lawn Services Ltd.

**RESIDENTIAL AND COMMERCIAL
TREE AND FLOWERBED SERVICES**

8+ Years Experience in Landscaping

Flowerbed Design & Maintenance

Tree Care (*Pruning, Insect Control,
Organic Fertilization, Removals*)

Landscape Design & Maintenance

20% OFF Tree Removals

evergreenlawnservicesyyc.ca **403-837-6976**

Aaron Cull, BSc

Master Gardener, Arborist (ISA Candidate)



IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>
Springbank.....	8
Bragg Creek/Redwood Meadows.....	13
Priddis/Millarville/Red Deer Lake.....	28
Black Diamond/Longview/Turner Valley.....	34
<i>Articles:</i>	
From the Editor.....	4
Letters to the Editor.....	5
Councillor's Update <i>Mark Kamachi</i>	7
MLA's Update <i>Miranda Rosin</i>	6
Councillor's Update <i>Kim McKylor</i>	10
Millenial Money Mistakes <i>Robert Hughes</i>	12
What is Intramuscular Stimulation? <i>Bragg Creek Physiotherapy</i>	13
Redwood Meadows Emergency Services.....	14
Bragg Creek Community Association.....	18
GBCTA: Trail Talk.....	20
BCHS: Green Timbers <i>Michele McDonald</i>	21
High Country Rural Crime Watch <i>John Robin Allen</i>	22
Councillor's Update <i>Suzanne Oel</i>	26
<i>Lifestyle:</i>	
Cheese <i>Andrea Kidd</i>	38
Chaulk Talk <i>Wayne Chaulk</i>	40
Ways To Love Your Job: Part Three <i>Praxis</i>	41
Women and Girls With ADHD <i>Roché Herbst</i>	42
Mortgage Matters <i>Candace Perko</i>	43
Life With Sergeant Major Clock: Part Three <i>Duane Harder</i>	44
Out of the Rut <i>Kat Dancer</i>	45
<i>Classifieds</i>	46
<i>High Country News Cover:</i>	Acrylic © Deanna Lavoie - "Come To My Garden"

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

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

ADVERTISING RATES:

FRONT PAGE Banner \$175
 Inside Cover Full Pg \$595 • Index 1/4 Pg \$175
 Index 1/3 Pg \$210 (Min 3 mth booking front/index)
 Full Page \$540 • 2/3 Page \$380 • Half Page \$290
 1/3 Page \$190 • 1/4 Page \$155
 1/6 Page \$115 • Business Card \$75
 *1/4 hour layout included in ad rate
 Back Page Listing \$96/yr • Layout Charges \$60/hr
 Commercial Classifieds \$16/4 lines minimum
 For website advertising, call the office for a quote
 Discounts available on long term commitments
 GST NOT included in rates
 Subscription \$30/year • Circulation: 12,000

NEXT DEADLINE IS
Saturday, June 15!

We accept e-transfer, Mastercard & Visa

Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.

No part of this publication may be reproduced in any way without the written permission of the editor.



*Working with you
 for an outstanding
 realty experience*

*Specializing in
 West Calgary and
 surrounding
 areas*



JODI STANDEN

REAL ESTATE

403.200.3928

jodi@jodistanden.com | www.jodistanden.com

REALTOR®



RE/MAX
 FIRST

From The EDITOR

As May draws to a close, it is so nice to finally get some mild, sunny weather. It is very relaxing to start enjoying our outdoor living spaces.

I trust you will enjoy reading the articles – they will read better on your deck or patio.

There are lots of events going on in our communities over the next while. These events are great opportunities to connect with your neighbours, friends, and family.

You can see many of these community events posted on our online calendar at highcountrynews.ca/events.

If you have an event you are hosting or organizing, please feel free to utilize this service. There is no charge for community groups and non-profits.

Calling all artists! Photographs, paintings, or sketches. Amateur to professional. We are looking for artwork that captures life in our varied neck of the woods, be it local activities, places, animals, etc. (Please avoid photos/renderings of recognizable people).

Please send us your art, and we will consider it for the front cover of the paper as well as give you a bit of a written personal history in our Artist Profile column.

Send your art or photos to submission@highcountrynews.ca and include your name, contact info, and a brief write up of your history with art and any other pertinent details you would like to see added!

*From our family
to yours,
Lowell Harder*

Artist PROFILE

Longview artist Deanna Lavoie's "Little Creatures" series includes bustling visitors from her garden and the Foothills region.

Born and raised in Regina, Saskatchewan, making art was a large part of Deanna's life as long as she can remember. She graduated in 1994 with distinction from the Alberta College of Art & Design (ACAD), in Calgary, where she majored in printmaking. In 2002, she achieved her Bachelor of Fine Arts from ACAD. Deanna's work has been included in exhibitions and collections in Canada, Australia and New Zealand.

www.DeannaLavoie.com

We create and maintain your OUTDOOR LIVING SPACE

HARDER & SONS
EXTERIOR MAINTENANCE SERVICES INC.

403.949.3442 • www.exteriormaintenance.ca • info@exteriormaintenance.ca

*don't wait, plan now for your
summer landscape projects!*

**Call us today to book your project dates...
our calendar is filling up fast!**

We can also help you maintain your lawns and get FireSmart!

landscape alberta

Green for Life!

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



**BRAGG CREEK
EXCAVATING**

Excavating:

Backfilling, Trenching, Cat Work

Landscaping:

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

Acreage Development:

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

John Lajeunesse • 949-2756 • 620-0250



Letters To The EDITOR

A Big Thank You To All!

The Opioid Awareness and Naloxone Kit training sessions were a great success. We had over 50 participants between the two sessions. I can not express how much I appreciate the cooperation and efforts by our entire Bragg Creek and Redwood Meadows Wellness Network for spreading the word and participating.

Special thanks goes out to:

- Robin Mayer, from Saferworks, for her comprehensive and informative presentations, and providing free Naloxone kits.
- Laurelle Edwards Jones for sharing information on her Addiction Counselling services through Cochrane Mental Health.
- Gaynor Hoyne for initiating the information sessions, collaborating and advertising.
- BCCA (Shawntell and Christine) for providing EXTRA space, room set up, equipment, tea and coffee, advertising and support.

- Pastor Dave for connecting us to great people and spreading the word.
- Anna Grist for making awesome posters.
- Lowell Harder for free advertising in the High Country News.
- Eric Howey for providing delicious treats and answering questions on Mental Health Services in the area.

Wendy Farnsworth,
Community Support Worker
403-851-2286,

Wendy.Farnsworth@cochrane.ca
Town of Cochrane, www.cochrane.ca

Be Seen and Be Safe

Spring is here and Alberta farmers and ranchers are back in the fields. This means there will be an increase in slow-moving equipment on rural roads, which can create a hazard for farm equipment operators and motorists.

Remember to share the road and be patient. Give slow-moving farm equipment plenty of room to maneuver. The typical speed of a piece of farm

machinery is 30-40 km/hour. You need to slow down to react. Agriculture for Life has a Rural Road Safety video to help motorists understand the details, as well as a video for farmers and ranchers.

Let's keep everyone safe. For more travel tips visit AgricultureforLife.ca. We're In It For Life.

About Agriculture for Life:

Agriculture for Life is an organization dedicated to Alberta agriculture through

awareness, education and farm safety programming. Ag for Life envisions a province where all Albertans understand and appreciate the agriculture industry and the impact it has on their lives. Ag for Life works with various stakeholders including corporations, not-for-profits, farmers, ranchers, educators and government, who are passionate about agriculture and rural and farm safety education.

Moose Mountain Mechanical Ltd

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

Jan Greenhalgh
Phone (403) 949-2522
Cell (403) 471-4159
jan@mmmech.ca

Box 59 Bragg Creek AB T0L0K0

Get your entries in for the 52nd Annual Bragg Creek Days Parade!



Email: braggcreekdays@gmail.com or call 403.949.4277

BRAGG CREEK PLUMBING & HEATING LTD.

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

Box 1148, Bragg Creek, Alberta T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

THE POWDERHORN SALOON

BRAGG CREEK
403-949-3946

TAKE OUT MENU available!

JUNE EVENTS

FRI 7 • ALL BARRETT BAND
Soft Rock Classics
SAT 8 • NAME THAT TUNE
70's 80's 90's • Prizes • Teams up to 4
\$7.95 Steak Sandwich for players
FRI 14 • BOOMER DANCE PARTY
FRI 21 • SMOKING ACES BLUES BAND
FRI 28 • SPUR CRAZY
Country Texas Roots Swing Classics
SAT 29 • RANI'S RASOI + BINGO =
CURRINO NIGHT (Full bar menu still avail.)

"Great Western Cheer & Great Cowboy Beer"

MLA Update

Banff/Kananaskis

By Miranda Rosin, MLA

I am both excited and honoured to write you my first report as our new, United Conservative MLA for Banff-Kananaskis.

What a month it has been! Our United Conservative caucus has only been sworn in to the Alberta Legislature for less than a month, but we have already gotten down to serious business. Contrary to a regular year in which the government sits for a Spring and Fall session, we have decided to additionally sit for an immediate, emergency summer session. The work required to get Alberta's economy back on track is extensive, and we don't have time to wait.

Our Premier and Energy Minister spent their first few days in Ottawa, testifying to the Senate against the "no-more-pipelines" Bill C-69.

Bill 1 of our United Conservative Government has officially been introduced as of May 22nd. As voted on

and supported by so many Albertans, Bill 1 of our new United Conservative Government is the Carbon Tax Repeal Act – a bill that is projected to put \$1.4 billion back into the pockets of everyday Albertans. Promise made, promise kept. Of course, once our provincial carbon tax is repealed, the federal carbon tax will inevitably kick in. At this time, we will be joining forces with Saskatchewan and our many other provincial allies across federation in their formal court challenge against the jurisdictional authority of this tax. It should also be noted that, in the meantime, this federal carbon tax that will be imposed on us is approximately 33% lower than the previous Alberta carbon tax was, which was imposed on Albertans by the previous NDP government. This means there will still be some immediate relief.

In the weeks to come, you will be seeing many more exciting, economy-boosting pieces of Legislation presented by our government. These will include the Open for Business Act and the Job Creation Tax Cut Act.

On a more local level, I am sure you heard the announcement from our Transportation Minister in regards to the Springbank Dam (SR1) project. I want to ensure you that I have written

Minister McIver with my grave concerns surrounding the project, and have expressed my desire to find a solution that protects all Albertans from future flooding. "I am writing you with regards to the Springbank Dam proposal, and Alberta's need for proper flood mitigation.

The flood of 2013 was catastrophic – peoples' lives were endangered, family homes were ravaged, and businesses and livelihoods were destroyed. Building proper infrastructure to protect Calgary from future flooding must be a top priority for our government, but building proper infrastructure to protect the thousands of people and businesses located in the upstream communities must also be a top priority. SR1 does not satisfy the latter.

I am writing you to request two actions for the interim while the SR1 project is stalled by the Canadian Environmental Assessment Agency's (CEAA) ongoing review. Firstly, consultations with the affected communities of Springbank, Bragg Creek, Redwood Meadows, and Tsuu T'ina Nation must be conducted. This is something that has never been adequately done since the project was first introduced six years ago. Secondly, I implore you to take this time as we await a verdict from CEAA to research, study, and consider other flood mitigation strategies, such as MCI, that could protect all of our upstream and downstream communities, without the need for expropriation, the devastation of agricultural lands and groundwater, and the uprooting of Kamp Kiwanis.

We need to protect Albertans from future flooding, but we should not protect only a few at the expense and detriment of the others. We must ensure that all Albertans in affected flood areas are safe from harm."

Throughout my election campaign, I promised to do my honest best to represent you in Legislature, and I hope that this letter can serve as the first step towards honouring my word.

As a final update, I am pleased to announce that I have been appointed to the Standing Committees on Public Accounts, Resource Stewardship, Environment, and Rural Crime. I hope that these four committees will give me opportunity to better serve you, and look forward to informing you of committee updates as they arise over the subsequent months.

Being granted the opportunity to represent you in Legislature for the next four years is my absolute honour. I hope to use my four years in office to represent you as best as possible.



POSITIVE APPROACH CANINE EDUCATION

PACE PROGRAM

PROGRAM START DATE: September 21, 2019
APPLICATION DEADLINE: August 23, 2019

PACE is a program tailored to you!
TWO DIFFERENT CERTIFICATES ARE OFFERED:
Canine Handling Skills and Behaviour Knowledge Certificate;
Canine Handling Skills, Behaviour and Instructor Certificate
Choose one that meets your career and development goals!

YOU WILL LEARN:

- Breeds & Development Stages
- Canine First Aid, Health & Nutrition
- Conducting Dog Evaluations & Assessments
- Canine Fear, Anxiety, Aggression, Reactivity & Guarding
- Instructing Group Classes & Private Settings
- Off-Leash Park Education
- Dog to Dog Interactions
- Canine Communication
- Learning Theory
- And More!

Learn more and check out our video at:
cochranehumane.ca/programs/pace-education/

Photo Credit: THE DOG WITH A BOW PHOTOGRAPHY

Earn your certificate under professional dog trainers and a certified canine behaviour consultant with more than 20 years of experience working with dogs in the animal welfare field.

Gain hands-on experience rehabilitating dogs with common and complex behavioural issues using positive, scientifically proven techniques, and mutual respect between dog and handler.

Attend monthly work-shops and weekly sessions training dogs with your certified mentor.

Gain more practical hours and utilize countless opportunities to work with behaviours you won't find in any other program and earn hours to become a certified dog trainer.

Meet. Adopt. Love.

f t i g cochranehumane.ca

Cochrane & Area
HUMANE SOCIETY

20 years
1998-2018

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



f COUNCILLOR MARK KAMACHI

@MARKKAMACHI

CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA

OFFICE: 403-949-3343 | CELL: 403-861-7806



It wasn't a surprise to see snow over the Victoria Day long weekend as many of us are accustomed to it and it truly is a sign that summer isn't far away. We just have to get through this month, our wettest month, before we can look forward to that.

Emergency preparedness

With regards to wetness, flood mitigation efforts are under way and the plan is to start berm building this summer/fall. Final negotiations and details are being worked out so activity should start soon according to my latest updates.

I want to take this opportunity to thank our FireSmart Committee, Rocky View County Emergency Management folks and local businesses for putting on the recent Open House at the Bragg Creek Community Centre. It was certainly an eye-opener for this Councillor/resident to hear from scientists, historians and emergency management staff on how precarious our situation is. And I urge everyone to take initiatives to FireSmart their properties. Did you know that you can get a free FireSmart assessment of your property by visiting the RVC website and entering 'firesmart' in the search bar? There you will find the link to the form. Just knowing how your property scores can be an impetus to do whatever you can to start planning.

Internet needed

Staying on the topic of emergency preparedness, given our internet and

cellular coverage is somewhat lacking in many areas, I want to thank the Bragg Creek Connect Committee for their efforts over the past year and a half to help bring about a potential county-wide Internet Service Strategy for all residents of RVC. The research gathered by this group of local volunteers will serve as a foundation to be used by RVC Administration to move forward to seek funding from the province and hopefully bring this essential service to all residents.

Since I just mentioned flood and wildfire in the last few paragraphs, before I turn to other issues in Division 1, I want to make sure as many residents as possible are signed up for RVC's Safe & Sound System. By simply visiting the RVC website and providing contact information, you can be notified of emergency alerts in your area as well as receive updates on local information or activities such as fire bans, bylaw changes, etc that could impact you or your family. The 'Safe & Sound' page can be found under the 'County Services' dropdown bar on the home page.

Drivers needed

Have some spare time on your hands as well as a reliable vehicle? The Bragg Creek Snowbirds Senior Fellowship could use some volunteers to help our seniors with transportation needs to and from their medical and/or therapeutic appointments outside of our area.

Please contact Bryan Hodgkins, BCSSP president for more details if you require the service or want become a volunteer.

Hamlet Expansion Open House

It was great to see over 120 residents show up and participate in the Bragg Creek Hamlet Expansion Open House last month which was held at the Bragg Creek Snowbirds Chalet. This was an event to explain the Bragg Creek Hamlet Expansion Strategy and give residents their first glimpse at the potential for various land use scenarios. The public feedback and consultation process will help set guidelines for development of the expansion lands that exist south of the Hamlet, between Highway 22 and Bragg Creek Provincial Park. I want to thank RVC staff for making this happen. More details can be found on the RVC website or by contacting Johnson Kwan at jkwan@rockyview.ca or by calling 403-230-1401.

Live-streamed RVC meetings

Did you know that if you really wanted to stay on top of all of the issues your elected Council debates at each Council meeting, you can watch from the comfort of your home and in your pajamas? Catch all the action by visiting the RVC website and under the 'Government' dropdown menu you will find 'Live Video'. Pour yourself a coffee and pop up some popcorn.

— Cheers, Mark



Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

To demonstrate our mission – junior artists are being contacted to take part in the fall sale, to show their talents and demonstrate the development of their skills. More details to follow.

May found some of us at the Heritage Club Strawberry Tea! What fun – the ladies were presented with "fascinators" in keeping with the High Tea theme which was enjoyed by all.

The club welcomed new members this spring, and we are delighted to have fresh new people join us, but there is still room for many more. If you have some skills that can be utilized, or would like an opportunity to showcase your work at the sale, please let us know and we can send the information. Do you have a craft that you would like to

share with the group? Send the details and we will see if there is interest.

Please contact Janice at janice3lambert@gmail.com for any new business to be introduced at meetings.

No formal meeting will be held until the Fall, but there will be several make and take social evenings – dates are to be determined. These are a great way to socialize with the group and to take a home a creation.

We are an enthusiastic and diverse group and welcome new members to come out and be a part of this community organization. This is an opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 2 & 3th, 2019 or membership, email yjo999@gmail.com. Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett,

THANK YOU!



The Foothills Full Service Law Firm

Wills – Real Estate – Family
Corporate Commercial
Litigation – Employment
Notary Public & Commissioner
Intellectual Property

Is Celebrating 10 Years of Service

We want to thank all of our clients and colleagues for their patronage and support over the past ten years!

WWW.MAVERICKLAW.CA

SIGN THE PETITION

SUPPORT CANADIAN CANOLA FARMERS

Visit johnbarlowmp.ca for more info

John Barlow
MP, FOOTHILLS

SERVICE, RENOVATION & NEW BUILDS

Cory Tennant
Licensed Master Electrician

10% Seniors' discount
10% Return customer discount

Clear Sky Electric

ACCREDITED BUSINESS
BBB

Check us out on BBB

587-225-4294
clearskyelectric@gmail.com

ROBINSON OUTREACH AT RIVERCROSS RANCH

R.O.A.R.R. Charity

FREE PANCAKES FOR A CAUSE

Calgary Fiddlers on stage!

Face Painting

Saturday, June 22
9:00 - 11:00 a.m.

RiverCross Ranch, Springbank

Directions at: www.roarr.org

Help us to raise \$5,000!
Please donate at the door to help kids and seniors

Wild Fires Smoke is Coming ... Early

Smoke invaded our homes during 2018 wildfires. Regrettably, 2019 wildfires showed up early yet forecast to stay.

B.C. premier Horgan recently said that "we had the first fires of the year back in April which is well beyond what's a normal fire season." Municipal reeve in Saskatchewan in April advised that "It's viciously dry." During writing this article, we see news about "Out of Control Wildfire Burning North West of Manning [NW Alberta]." It seems everywhere we turn, wildfires and smoke are early and in force. Somewhat related and concerning, last March, the air quality health index for

Calgary reached 7 on a 10 scale, or high risk – that's before we even heard concerns of 2019 fires.

STAY INFORMED: How can you stay aware of what's going on in your community?

- Regularly check public service notices on local media (e.g. TV., radio, online). Listen to public service notices.
- Older adults and people with heart/lung issues are more likely to get sick from smoke. Check those that live alone.



- When you keep doors and windows closed to keep smoke out, your house might get very warm. Watch for signs of heat-related illness like heat exhaustion or heatstroke. Turn on your air-conditioner, ventilation or furnace fan.

- Know safe places to go in your community if asked to shelter-in-place like community centres and shopping malls.

- If you're in the wildfire area, be ready to evacuate.

HEALTH CONCERNS:

What if you have asthma or a heart or lung or COPD concerns?

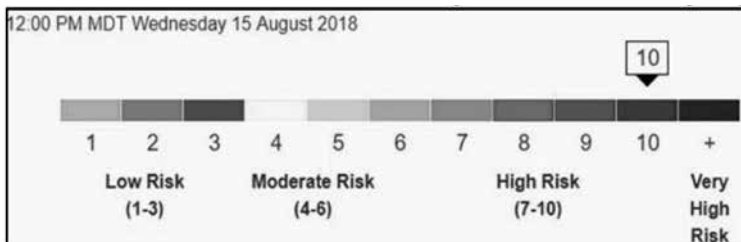
- Carefully monitor your health. Take your regular medicines as prescribed. Have a week's supply of meds on hand.
- If you plan to use a portable air cleaners, buy one that is right for the room size (as per manufacturer instructions); do this before a smoke emergency happens. Do not use units that might produce ozone.
- If you have any health concerns, talk to your nurse or doctor or call Health Link at 811 (24 hrs/day, 7 days/week).

BETTER HOME COMFORT:

How can you improve your environment to increase your family's comfort and safety?

- Install a high efficiency whole home filtration system that removes wood fire smoke.
- Install a whole home air conditioning system or at a minimum improve your ventilation system.
- Repair and seal your home's vascular system (ducts) to reduce smoke and particulates invasion.

By Carla Berezowski
with parts adapted from
myhealth.alberta.ca



Wildfire Smoke and Dust are Here. Assure Your Indoor Comfort & Safety !



Is the Weather Wreaking Havoc on How You Feel ?!



Breathe Easy. Feel Better. Be Well !



Call now !

403.230.2690

Experts@AlbertaIndoorComfort.com



Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

A Look back at April: April "snow" showers hopefully bring May flowers! Last weekend's snow event was most certainly eventful! I hope you were all safe and snug at home. We had family stuck in the city and were very thankful for our friends who were able to accommodate a late overnight guest on such short notice! I'm looking forward to seeing those May flowers soon! Also, I'll give you a heads up, I've added a lot of information on recreation here....

Around the Division: Road sweeping (removal of gravel) is commencing for Springbank. Roads should have all gravel removed in the next 4 weeks. The County has also commenced road shoulder sweeping on long lane roadways to minimize sanding debris on road shoulders.

If you have a gravel road that requires attention, please call our Service Request line at 403.230.1401 or send us an email at questions@rockyview.ca to

get your request in, or to get an update to determine if your road is already on the list. I have highlighted a few very problematic areas for the crews already and they will be working on those soon!

Recreation: I continue to advocate for recreational/community in Springbank. I know this is important to you and your families. There are many steps to this process and Council will ultimately decide where recreational dollars are spent. Until it comes in front of Council for a decision, my responsibility is to advocate for Springbank.

In 2004, Councillor Brenda Goode, in Division 2 had the vision and foresight to make a motion to allocate 4 acres of land in Commercial Court for the use of a Community Hall and then presented to the Springbank Community Association at that time, the land was allocated to them. (Supporting files are available from our office if you are interested).

Feb. 24th, 2004: Staff report on the Commercial Court application and applicant's response to the requirements. If you review this file, both administration and the recreation board wanted cash in lieu (page 4 of 18) however, the applicant was aware that there was actually going to be a request for 4 acres for a community centre, and the applicant objected because this was "prime commercial land" (page 15 of 18). This establishes it was known to the applicant, staff and Council there would be a request for 4 acres of land for the purposes of a Community Centre during this hearing.

Feb. 24th, 2004: Minutes from Council Meeting. The above application is approved. Brenda Goode's motion includes a condition #9, on page 23 that specifically states that a 4 acre municipal reserve lot be taken (this was carried).

April 19th, 2004: Finally, an excerpt from the minutes of the Springbank Community association indicating Brenda Goode reporting to the Springbank Community Association that she secured the 4 acre MR for a community hall. I have the full minutes if anyone would like them.

Now, I've been publicly accused of trying to usurp the traditional process for proceeds for MR lands, and try to steal it away from all of Rocky View for the purposes of this division. Nothing could be farther from the truth. What I am trying to do is honour a commitment that was made to this community in 2004. This commitment shouldn't have taken 15 years to fulfil, but I never look backwards so we move forward.

I bring this to your attention, so that you have all the information, not just what gets printed by a couple of letters to the editor. It is NOT required, is that RVC allocate any funding to Recreation Boards from the sale of MR lands. This is only past practice. In fact, all recreation boards have a bank account of zero. Recreation boards from across the County bring recommendations to Council and Council decides whether to accept a board's recommendation, modify or even reject in its entirety. Council has authority, to spend all the money evenly throughout the County, or if need be, a majority in a single area. This is and will always be dependent on need. Historically, in our area, most of the recreational allocation has gone to Bragg Creek (no offense here!) – to assist in the completion of trails and pathways. Now that the bulk of that work has been completed, it is time to focus on our community and the greater Springbank area. We have no community centre. We have a very well run, but aging



Candace Wray
Lawyer



Paul Manning
Lawyer



Erin Barvir
Lawyer



Staci Smith
Lawyer

Services Offered:

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

Cochrane lawyers serving the local community



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

T: 403.981.0700 | F: 403.981.0701

info@mountainvistalaw.com | www.mountainvistalaw.com

Park for All Seasons. We have a dedicated volunteer group (STAPA) working to try to get our pathway system started. We have many projects we could be spending recreational dollars on in the Springbank area that would add value to our community.

Now I am just one person, trying to advocate for you. There is a small group of folks out there that insist on making this issue about something else. If recreation is important to you, then I'd love to hear from you. If you believe that we do need more facilities, improved facilities, a community centre, pathways, etc. I need to hear from you! The public needs to hear from you! We can work towards a better Springbank together, I think that is what you elected me to do and I will continue to do that until I hear the larger community has different interests.

Approved Development Permits:

- Application for Athletic and Recreation Services (existing building), tenancy and signage for a gymnastics studio, Unit 27, Plan 1810211; SW-34-24-03-05 (6, 110 Commercial Drive)
- Application for Automotive, Equipment and Vehicle service (existing vehicle storage), placement of hail protection shelters and additional accessory buildings
- Application for Dwelling, Row, construction of six multi-family townhomes, an internal access road, site grading and signage; SE-07-25-03-05, located approximately 1.61 km (1 mile) north of Township Road 250 and 1.61 km (1 mile) east of Range Road 40.
- Application for a dwelling, single detached (existing), relaxation of the minimum side yard setback requirement, Lot 34, Block 2, Plan 1612676; NW-05-25-03-05 (19 Brome Bend)

Kim McKylor
kmckylor@rockyview.ca

Rural Crime Watch – guest submission:

Rural Crime Watch Update May 1, 2019

We really do live and play in a very safe part of the world. And yet, we do have rural crime that comes at unpredictable times and in a variety of ways. This article encourages thought and planning of what to do if faced with an intruder on your property. Recall that intruders really are opportunists? Wanting easy targets of value and wanting not to be seen or caught. A suggestion is to disrupt the intruder's perceptions and plans. Possible strategies might include:

- Making your presence known with assertiveness. And the presence of others
- Dogs
- Add noise: loud noise that continues
- Turn on bright lights inside and out
- Have cameras visible and recording
- Call 911 with location, nature and details
- Alert neighbours promptly
- (Many others you may wish to contribute)

These strategies may be accomplished in many ways - quickly and without much cost. Remember our strongest goal is the safety of ourselves and our family. Stuff is stuff. Be aware that most intruders' actions are the product of some form of addiction or mental health. They can be very unpredictable, aggressive and violent. So please be completely cautious.

To reduce the perception of an easy target, continually do some basic things. Be entirely aware of what is usual in your area. Pay more attention to all suspicious activity. Record the details immediately in any handy form to assist with complete reporting. Actions taken while an intruder is scouting are more likely lead to crime prevention. Call in the suspicious activity to the RCMP using the complaint line 403 932 2211 for most of western Rocky View. Alert neighbours to be part of community defence.

Alberta Rural Crime Watch is the joint effort of 17,000 rural members throughout Alberta. We share experiences and tips through newsletters, websites and community meetings. New members are welcome. Check out the website for the local chapter - Cochrane Foothills Protective Association, cfparcw.ca. Become part of a community movement to send a message to would-be intruders. "Beware. These rural people are informed, prepared and connected to deter crime."

We are much stronger when we work together. And we enjoy a better community.

Submitted by Jim Willson

EXPERIENCED • INSURED • SAFETY FOCUSED

TREE CARE SERVICES:

- Hazardous tree removals
- Pruning
- Trimming
- Cabling and bracing
- Bucket truck services
- Stump grinding
- Property fire-risk management (FireSmart)
- Land clearing

SPRINGBANK
CUSTOM SOLUTIONS

(403) 612-0654



WWW.SPRINGBANKCUSTOMSOLUTIONS.CA



204A River Ave.
Cochrane, AB T4C2C1

Dan Smith
Owner/Operator

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



@drmowercochrane

Millennial Money Mistakes

Saving is Not a Priority

Since the dawn of the millennium, there has been an alarming trend with “millennials” (people who have reached adulthood after the year 2000), who have not been growing their money through careful and diligent investing. According to an article in the Business News Network, only 5% of millennials¹ aged 25-34 were matching the previous \$5,500 contribution limit to their TFSA (the 2019 Federal budget raised the annual TFSA contribution limit to \$6,000).

The aftermath of the 2008 financial crisis took its toll on the millennial generation, with a report that only 61% of millennials invest while the other 39% keep their assets in cash and only 19% prefer equity investments mostly in Canada. Saving is difficult because it involves delayed gratification, which calls for discipline and self-control now to reap the benefits later.

The easiest way to save is to have the money automatically deducted from your paycheck or bank account and put into your RRSP or TFSA. If your employer offers contribution matching, you get an instant return on your investment. The savings should be invested in global equities while minimizing fixed income investments.

Spending on Unimportant Things

Every now and then, there is no harm indulging in amenities such as coffee or a muffin. However, purchasing small items excessively can begin to add up down the road. Also, frequent and/or expensive vacations, frequent leasing/buying of vehicles, etc. aggravate the situation. In most cases the problem is instant gratification as opposed to saving for the future. Identifying unimportant purchases can go a long way to saving money. The odd treat is OK but in terms of saving for retirement exercise restraint.

Buying Risky Investments

While many millennials are risk-averse, some of those who are in the equity market are too wild. Instead of taking a long-term approach, they look to getting rich quickly by taking on increasing financial risk. Unfortunately, this does not always work out: one study analyzed a set of portfolios from a sample of millennials and discovered both higher risk and lower returns. Concentrating on good quality global equity mutual funds is much better.

Investing is a marathon, not a race.

Avoiding Insurance

Millennials are in their physical primes and have a mindset of “invincibility,” which can lead to a false sense of security and a refusal to purchase insurance believing it will “never happen to them.” Declining

insurance is one of those decisions that can seem like a great money saver at first – until life proves otherwise.

Taking a Casual Approach to Learning about Finance

Instead of seeking professional advice, millennials might just ask their friends about what they are doing. A report² by the Investor Education Fund (IEF) discovered that 64% of millennials surveyed said they do not even understand the financial terms used by their investment advisors.

Not being serious about money can be very expensive. If millennials consider the common mistakes made by their generation, they can be one step closer to securing their financial future.

Call today, to setup an appointment, so we can discuss sound financial planning for your 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,
P. Eng., CFSB, CFP, CPCA

Robert M. Hughes FINANCIAL SOLUTIONS INC.



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

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



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



403-949-3250

E-mail: robert@myfinancialsolutions.ca

Website: www.myfinancialsolutions.ca

Box 231, Bragg Creek, AB T0L 0K0

1. Business News Network, April 2015

2. Business News Network, November 2014

What Is Intramuscular Stimulation?

by Jennifer Gordon

BSc.PT, APCI, BA Kin
Physiotherapist, Bragg Creek Physiotherapy
www.braggcreekphysio.com

Inter-muscular stimulation (IMS) is a dry needling technique that is a neurophysiological evidence-based treatment. This treatment technique requires an effective manual assessment of the body, in particular, the neuromuscular system. It is mainly used for the diagnosis and treatment of myofascial pain syndromes. Myofascial pain syndrome is a chronic pain condition that occurs in the musculoskeletal system when there is no obvious injury or inflammation.

IMS doesn't specifically target the painful area, rather the assessment technique helps to identify the cause and attempts to relieve the symptoms from there. Often the pain is blamed on "unwell nerves", the nerve roots in the peripheral nervous system that branch off our spinal cord and feed the structures in our periphery. This is referred to as neuropathic pain or a radiculopathy.

In the 1970's, Dr. Chan Gunn studied chronic pain and discovered a pattern in which "patients who have pain, but no obvious sign of injury, generally have subtle but discernable signs of peripheral nerve involvement" (*The*

Gunn Approach to the Treatment of Chronic Pain, 2007). In other words, when he studied patients with tennis elbow symptoms, he found that tender points at the elbow related to cervical spondylosis (osteoarthritic changes in the neck) and therefore found that treating the neck and not the elbow provided relief.

When a nerve is affected (due to spinal compression, arthritis, a pinched nerve root, disc bulge, tight spinal muscles) the structures that nerve innervates are deprived of the fuel and food necessary for the maintenance of cell function. These structures (muscles, tendons, ligaments, bone, blood vessels, skin, organs) then become highly irritable and develop abnormal sensitivity. This results in observable motor (strength), sensory (sensation) and autonomic dysfunctions (skin changes, hair loss, nailbed integrity).

When muscles are deprived of nutrients and the chemicals that enable muscles to contract and relax, tight bands form within the muscle belly. These tight bands within the muscle cause tension on the tendons, restrict nutrient flow within the muscle, compress joints and restrict movement. This causes pain! The aim of IMS is to target these deep muscle bands with an acupuncture needle. As the needle penetrates the muscle it stretches the muscle fibres and triggers a local twitch reflex. This is felt as a spontaneous twitch in the muscle and a deep ache sensation. This mechanical stimulation of the needle into the muscle and the subsequent twitch response, stimulates the flow of

electrical energy necessary for healing to begin. This effect has been shown to increase the electrical current along our muscle cell membranes locally as well as regionally within that nerve pathway. For example, the nerve root from the 3rd lumbar vertebrae in our lower back innervates our quadricep (thigh) muscle. When the needle stimulates the muscles at the 3rd lumbar vertebrae in our lower back, the local muscles are released as well as the quadricep muscles that nerve supplies. Often people feel pain, aching, or numbness along the thigh area that can be attributed to changes at the spinal level that is supplying those upper groin and thigh areas.

The effects of IMS have been shown to be mechanical (target tight muscles and stimulate receptors), electrical (depolarize cell membranes), chemical (reduce local inflammation), and trophic (improve the nutrients to target structures). Overall this stimulates a new pathway of healing and breaks the cycle of chronically tight muscles that compress nerves, blood vessels, and joints such as the spine and peripheral joints (shoulders, elbows, hips and knees).

If this cyclical pattern of pain, tightness, sensory changes and dysfunction sound familiar to you and have persisted for no apparent reason, you may be suffering from neuropathic chronic pain. A thorough neuromuscular assessment and diagnosis of your pattern of pain may help you begin your journey to healing. We would love to help you start this journey!

Did someone mention a gym in Bragg Creek?

Bragg Creek Physiotherapy is pleased to announce that we now offer personalized and small group fitness training for patients and non-patients alike. Everyone is welcome. The combination of our experienced trainers and equipped gym will allow you to workout in the comfort of your community. Drop in and say hello, or call us to book your assessment today.

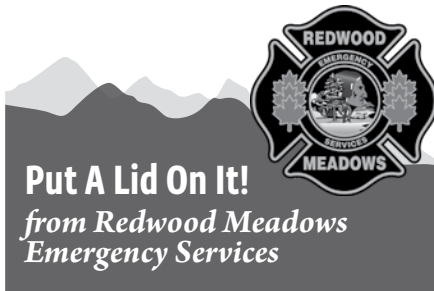


**Bragg Creek
Physiotherapy**

Your pathway to physical freedom



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



Summer is fast approaching. Here are some important tips to keep your camping and outdoor adventures safe:

Campfire Safety

- Respect fire bans.
- Don't use accelerants like gas to start fires.
- Supervise children and pets around any fire outdoors, including campfires, fire pits, chimneys, and outdoor fireplaces.
- Before starting a campfire, have a bucket of water, or shovel and dirt or sand nearby to extinguish the fire.
- To put out a campfire...Soak it, stir it, soak it again.

RV Fire Safety

- Everyone in your family should know and practice your RV fire escape plan.

- Have at least two ways out - one in the front and one in the rear of the RV.
- Test all escape windows, hatches and doors to make sure they work properly. Keep escape routes clear of obstructions.
- Never re-enter a burning RV to retrieve anything - GET OUT & STAY OUT!

RV Alarms

- Test your RV alarms weekly, when your RV is in use.
- Install and maintain at least one smoke and carbon monoxide alarm in your RV near the sleeping area. Special 12v alarms, designed specifically for RVs, are available from specialized retailers. Residential style alarms that plug directly into the electrical outlet will only work and sound an alarm when your RV is plugged into an electrical source at a campground.
- Install a propane leak alarm at floor level, no more than 6 inches

above the floor or lowest level to alert you in the event of a propane leak.

- Ensure that all travellers in the RV know what the sound of each type of alarm indicates and what to do when they hear it.

Keep Your Children Safe Outdoors

Teach your children four simple rules when they're heading outdoors:

- Tell an adult where you are going.
- If you're lost, "Hug-A-Tree" and stay put.
- Keep warm and dry.
- Help searchers find you by answering their calls.

Until next month, stay safe!



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

www.treeworxpro.com 24 HR
Emergency Service

Call Jeff Hughes at 403.554.2370



JULY 20 2019

BACK TO OUR ROOTS &
FOCUSED ON COMMUNITY



FOR FULL DETAILS VISIT BRAGGCREEKCA.COM

**PANCAKE BREAKFAST,
PARADE, MARKET,
GAMES, BBQ,
PIE EATING CONTEST,
BEER GARDEN & LIVE
ENTERTAINMENT**



**Pest Free Living
Stress Free!**

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

Mention this ad for \$15 off your service!

(403) 238 - 7400
www.apcpestfree.com
info@apcpestfree.com

Quinterra Project to Leave a Legacy to Honour and Educate

A part of South Glenmore Park will soon be turned into Calgary's first fully dedicated music garden and performance space thanks to the efforts of five families and their friends who have turned tragedy into hope.

In 2014, Lawrence Hong, Josh Hunter, Kaiti Perras, Jordan Segura, and Zackariah Rathwell lost their lives in a senseless murder.

Now five years after the tragedy, the Quinterra Legacy Garden is being planned to celebrate and honour their lost loved ones and leave a legacy of each of their children.

"The Quinterra Legacy Garden will be full of unity and love," said Barclay Hunter, father of Josh Hunter, who lives just outside of Priddis. "It is our way of thanking Calgarians for their incredible support during the last five years and for reminding us that there is light beyond tragedy and loss."

The Garden will house interactive musical and play elements along with a 30-foot diameter stage for music, dance, theatre, spoken word, yoga and healing circles. Plans include placing weather-resistant musical instruments throughout the garden. The park will include elements representing the five individuals lost, reflecting each of their personalities through art. Design elements will embrace motifs that represent the number five. Five branches, leaves and roots in the garden logo; a five-pointed star on the performance stage; and five chairs placed in front of five flowering trees planted in the garden.

"We are in the fundraising stage," said Barclay. "We hope to raise \$800,000 for the garden with a construction start this summer. Because Josh and some of the others were involved in music, it makes sense that a garden that allows Calgarians to express themselves through the arts would be a unique experience."

Barclay explains that the garden will support the arts, mental health, youth, and strong families while giving back

to the community through creativity, meditation, inclusivity, play and discovery.

The Quinterra Group is partnering with organizations in Calgary to build the garden:

City of Calgary Parks Department, Parks Foundation Calgary, Bassett Associates Landscape Architecture and the Prophets of Music.

Prophets of Music is a Calgary organization that helps young musicians further their careers. A documentary about the program

(Above the Noise, Straight to the Heart) was recently produced by Sherana Productions for Telus. Look for it on the Telus YouTube Channel, or use the following link: www.youtube.com/watch?v=1tNF0vhBP28

For more information, send an email to quinterralegacygarden@gmail.com.

To donate, go to www.parksfdn.com/community-projects and select Quinterra Legacy Garden from the dropdown menu. Donations will receive a tax receipt.

by Garry Bridgewater

HANSEN

LAND BROKERS INC.



A Project Oriented Approach to Buying and Selling Land Based Assets

www.hansenland.ca • 1.888.652.7212

FOR SALE BY AUCTION! 44 lots at Gull Lake! Online auction June 24 and 25, lots starting at \$29,000! 1-2 acre country residential lots located just minutes from the lake. Visit our open house June 22 & 23. For full auction details and to register to bid visit hansenland.ca.



FOR SALE BY AUCTION JUNE 24/25!
44 LOTS AT GULL LAKE
STARTING AT \$29,000.00

Highly Diversified income property on the southern outskirts of Black Diamond. Established Elk Ranch, RV Storage and extensively renovated 3500 sq foot home with office on 80 acres. Highway 22 frontage. \$2,685,000



Breathtaking Rocky Mountain Views in the highly esteemed & picturesque Red Deer Lake area, just 15 min SW of Calgary. Large indoor riding arena, stables with tack room & office, located on rolling terrain with ponds & a creek running through. Sprawling 5155 sq foot home. 142 Acres. \$2,700,000



160 Acres SW of Calgary. Spectacular views of the Rockies from the building sites on this property. Close proximity to Bragg Creek, Priddis, Millarville. Untouched forest awaits new owners on which to fulfill their dreams. Located on a no exit paved road. \$1,350,000



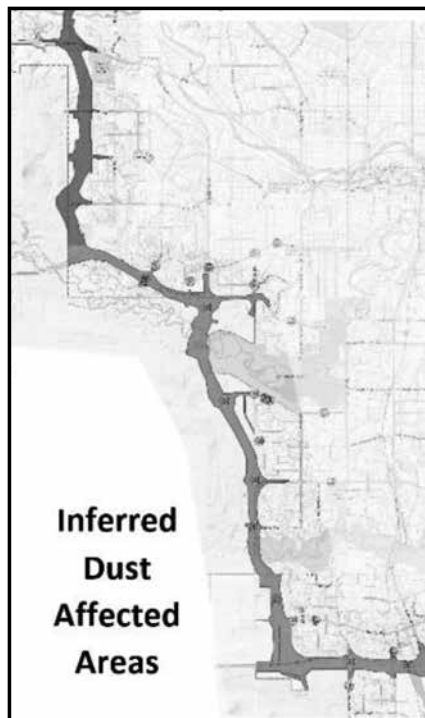
www.hansenland.com

Bob 403.585.4551 • Shawn 403.652.1798

South West Ring Road (Stoney Trail) Coming Fall 2021 ... or later

Like most of the region's commuters, I really look forward to the faster commute when the South West Ring Road opens, in late 2021. Until then, I endure construction dust, invading my car, previously my home and my family's lungs.

Only once I started my research on construction dust issues, I realized that Calgary's west side communities have been petitioning long term for solutions to mitigate the construction dust. Realistically, this dust affects many communities within a reasonable proximity of construction, pit or road - dryness and wind are great for spreading the dust around. I recently experienced dust storms impairing my visibility while driving on Glenmore.



Dusts are tiny solid particles scattered or suspended in the air. The particles are "inorganic" or "organic," depending on the source of the dust. Inorganic dusts can come from grinding minerals such as rock or soil. Examples of inorganic dusts are silica, asbestos, and coal. Organic dusts originate from plants or

animals. An example of organic dust is dust that arises from handling grain. These dusts can contain a great number of substances. Aside from the vegetable or animal component, organic dusts may also contain fungi or microbes and the toxic substances given off by microbes.

I also like to educate. We all like to breathe. The dust produced at construction sites can lead to respiratory illnesses which eventually may be irreversible. According to research, principal risks of inhaling construction dust includes:

- Asthma - when dust and fumes are inhaled, it has the potential to damage lungs. Some common symptoms of Asthma include wheezing, breathlessness and painful coughing, as well as heaviness and tightness in the chest.
- COPD - is a grouping of different types of breathing problems generally caused by the inhalation of dust, chemicals, gases and fumes; it results in either long term cough or damage to lungs.
- Silicosis - is rare to an average person; on the other hand, 380,000 Canadians are occupationally exposed to silica through construction trades (www.ccohs.ca/oshanswers/diseases/silicosis.html), the majority of those at risk being construction workers, heavy equipment operators, and plasterers or drywallers. Silicosis is permanent lung damage caused by breathing in dust containing respirable crystalline silica, found largely in sands, clay, and stone.

Is this concerning? In my opinion, yes. I like to breathe easy. Should we stop progress, like stop road construction? No. I look forward to our new, less busy road. After my research, I will however improve the air filters in my home and car.

By Carla Berezowski
with parts adapted from
www.cadrillers.com and www.ccohs.ca

Wildfire Smoke and Dust are Here. Assure Your Indoor Comfort & Safety !



Is the Weather Wreaking Havoc on How You Feel ?!



Breathe Easy. Feel Better. Be Well !



Call now !

403.230.2690

Experts@AlbertaIndoorComfort.com

FireSmart Update

What the Experts Are Telling Us

In May the FireSmart Committee brought together community leaders and wildfire/forestry experts. Here are some highlights:

- Rick Arthur (forestry expert) described the history and life cycle of the Rockies eastern slopes forests and the natural role of fires on forest renewal and health. Rick noted that the Bragg Creek area forests are continuing to mature (last major fire was in 1919) and the fire hazard is increasing with fuels accumulation, aging and climate change.
- Dr. Jen Beverly (University of Alberta wildfire studies) presented a preliminary assessment of the wildfire hazard of the Bragg Creek area using exposure and pathway techniques. Jen's work indicates that airborne embers present a high/extreme risk to properties throughout the area and that wildfire can enter our community through multiple pathways. She will be seeking funding to conduct a more detailed assessment of our community to assist us with developing mitigation measures.
- Alan Westhaver (FireSmart expert) highlighted that 80-90% of property losses with wildfires are due to ignition from airborne embers. The 2016 Fort McMurray disaster had "ember blizzards" (up to 60 embers per square foot) in town. Alan found that FireSmarted homes had significantly higher survival rates - underscoring that FIRESMART WORKS and starts with simple home maintenance. Every small step towards becoming more FireSmart can make a difference.
- RVC Fire Chief Randy Smith discussed the learnings from the nearby May 2018 Champion Lake fire and constant improvement in emergency management practices. Chief Smith announced that an emergency evacuation procedure is being developed for the Bragg Creek area. An evacuation exercise similar to a recent one in Banff is also in the planning stages. Finally, RVC is collaborating with the Canadian Red Cross on a new Resilient Communities Program - more details to come.

Thank you to the community for getting involved in our recent Open House and BBQ and a special thank you to the BCCA, Bragg Creek Foods, Sugar Shack Bakery, Sanjel Energy Services and the volunteers and participants that helped with the event!

FireSmart Free, Confidential Home Assessments

A great starting point for planning FireSmart activities on your property is with a free, confidential home assessment - these can be requested by any home owner through Rocky View's website under County Services / Fire & Emergency / FireSmart. These assessments are always voluntary and the results are left only with the home owner and not kept on file or shared with RVC or insurance companies. There is no obligation to do any of the suggested activities.

For more information about what a home assessment includes, pick up your free FireSmart brochure at the Moose Mountain General Store.

FireSmart Community Programs: Coming Up

This summer the FireSmart Committee will be introducing a FireSmart

Canada program that helps individual neighbourhoods come together to reduce the risk of wildfire. Interested neighbourhoods will be asked to form a small board, a Fire Services professional will conduct an overall assessment of the neighbourhood and provide a report of actions the neighborhood can take to reduce their risk. Actions might include social events around vegetation clean-up (fuel reduction), voluntary home assessments or education.

We will be introducing this program as soon as we've put in place processes for managing the requests for training and funding.

Stay In the Loop

By the time you're reading this, we should have news on our projects for this summer and fall: chipper weekends, FireSmart planning for Bragg Creek Provincial Park and vegetation management (fuel reduction) on municipal lands in the Hamlet. Stay up-to-date with the Greater Bragg Creek FireSmart Committee by following us on Facebook. Or sign up for our newsletter by sending an email to Michele at mlongo620@gmail.com.



Now Open!
Hours: 10am - 5pm
403.949.2860
Bragg Creek

Come see our great selection of locally grown
ANNUALS • PERENNIALS • SHRUBS!
Outdoor Decorating • Custom Potting Available

**STONE CREEK
GARDENS**



Bragg Creek Centre

Greetings Community!

Some of my most interesting conversations this past month have involved discussing Community. As someone told me - we agree, we disagree, but what matters is respect. With respect and open mindedness our exchanges can evoke an internal call to action to be involved in creating a Community you personally help to create and be proud of.

Did you know we have a volunteer sign up page on Facebook? It is called Bragg Creek Volunteers page. Or, please call our office at 403.949.4277 as we create a database of folks interested in contributing towards Community.

Here are a few of our regular events:

Something for everyone - Pickle ball, Acrobatics, Movie Night, Artsy Afternoons, and more!

Please sign up for our newsletter to be notified of all upcoming events at www.braggcreekca.com.

Upcoming Events:

• **Tunes for Trails:** June 1st at 7pm. Tickets available at www.braggcreektrails.org This popular event sells out quickly!

• **Nashville Fiddlers Music City Strings with special guests The Bow Valley Fiddlers:** June 2nd at 3pm. Tickets at the door - \$10 individual, or bring some friends for a discount.

• **Community Rummage Sale & Cerebral Palsy Donating Drive:** Sat, June 8 from 10am - 3pm. Sell or Purge! Table Rental \$20 for items to sell. Or, purge by donating clothing, recyclable beverage containers, shoes, linens, toys, books, and small household items.

• **Family Rollerblading Night & Dance Party:** June 14, 7 - 9pm, \$15 each, \$40 per family. Fun for everyone! Rollerblade, dance, fun lights, DJ, dance floor! Cash bar, concession with hotdogs.

• **Bragg Creek Days:** July 20th, free Admission! Parade, Redwood Meadows Emergency Services Pancake Breakfast, Olde Time Carnival Games, Market Square, BBQ, Live Entertainment & Beer Garden.

This year we are going back to our roots and focusing on community. Over 50 years ago Bragg Creek Days started as a community BBQ and we are looking to recapture that small town feeling.


We invite you to come together with your neighbours and celebrate Bragg Creek Days 2019!

• Please remember to register for the **52nd Annual Bragg Creek Chamber of Commerce Bragg Creek Days Parade.**

Construction Loam Aggregate



Mulch **809-8949** Debris



**Barrister & Solicitor,
Notary Public**


Linda A. Anderson

**25 Years
Experience**

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


linda@lindaandersonlaw.com

Appointments available in
Redwood Meadows & Calgary




SERVICES:

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



PLYWOOD
SPRUCE
TREATED
WESTERN RED CEDAR
DOUGLAS FIR
COMPOSITE
PVC
SMARTSIDE PANELS & TRIM



MONDAY - FRIDAY 7AM-5PM
125 COMMERCIAL COURT 403.242.0404
WWW.MOUNTAINVIEWBM.CA

DECKING
TREATED
CEDAR
COMPOSITE
PVC
FENCING
TREATED
CEDAR
EXTERIORS
SIDING
SOFFIT
TRIM
TIMBERS
CEDAR
DOUGLAS FIR
INTERIORS
PANELLING
FLOORING
FRAMING
HARDWARE &
ACCESSORIES

TRANS-CANADA HWY #1
← COCHRANE → CALGARY

125 COMMERCIAL COURT

We welcome floats, antique vehicles, marchers, riders or whatever. Free to participate. We are also pleased to announce this year's Parade Marshall is Donna "Rhonda" Godlonton. Donna is a longtime resident and active community member who also happened to play Rhonda on the Jann Arden show. The parade starts at 10:30 sharp.

Contact braggcreekdays@gmail.com to register as a market vendor or to enter the parade.

Thank you to:

- Deborah Clark of Century 21 Bamber Realty for our new sign!
- Bragg Creek Community Church and Redwood Meadows Community Association for their contributions to this year's Easter Pancake Breakfast.
- The FireSmart crew for offering a free FireSmart Assessment! Sign up at rockyview.ca, and look for the FireSmart inspection link.

And something for fun!! Watch out for Hendrix the Goat around town this summer!

*Until next issue, Sherri Olsen
BCCA Board Director*

OK TIRE™

Honestly driven.

WELCOME TO OK TIRE COCHRANE.

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

FULL MECHANICAL SERVICES

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



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

PHONE 403-932-2086 info@oktirecochrane.com

www.oktirecochrane.com

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am

Soup Sunday June 9

at Bragg Creek Community Centre

VBS "Roar" • July 2-5 • Ages 4 - entering Gr 6

at Bragg Creek Comm. Centre • Info/to register: braggcreekchurch.ca

Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study
Mondays 10:30am

Needle Craft Club

First Sat of Every Month 7:00pm

Monthly Business Lunches

Own or manage a small business or home-based business in Bragg Creek or Redwood Meadows?

Join us **Wed June 26** from 11:30am - 1:30pm

(drop in style, stay as long as you like/are able) for a **FREE** lunch!

Christian Fiction & Nonfiction Library

MEETING SPACE for your small group available!

Contact us at thehub@braggcreekchurch.ca to book your time!

Located in the Bragg Creek Shopping Centre • Balsam Ave

This ad space generously donated by the High Country News



**DRAGONLAND
TREE &
EXCAVATING**

Arborist - Qualified - Fully Insured

TREES: Felling, Dangerous Tree Removal, Dead Trees Cleared, Burn Piles Built, Woodland Management

EXCAVATING: Earth & Gravel Moving, Grading, Trenching, Water & Utility Lines, Stump Removal

Pete 403.809.2926 • Carol 403.466.3132

dragonlandexcavating@gmail.com

FROM THE WOODS

Custom Cabinets and Millwork

MIKE WOLTERS 403.852.9663

contact@fromthewoods.ca

www.fromthewoods.ca

Commercial - Residential - Furniture & Fixtures

W.C.B. - LICENSED - INSURED

TRAIL TALK!

The Latest from the
Greater Bragg Creek Trails Association

Please Avoid Trans Canada Trail During Spring Thaw!

Due to current soft trail conditions on the new WBC Trans Canada Trail in Rocky View County during this spring thaw, we are experiencing damage from horse hooves and narrow bike tires. The GBCTA is asking for your co-operation in staying off the trail

until it has had a chance to dry and firm up. Signage will be removed at that time.

Many thanks from the volunteers who maintain this community trail for your enjoyment.

For further information on any of these articles, or any other items, please contact
info@braggcreektrails.org





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

SHARON BAYER, REALTOR
Your local real estate expert!

Sharon@sharonbayer.com | Cell: 403.554.8978
WWW.SHARONBAYER.COM



BIG TWIG
tree experts

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

24 hr Emergency Services
FREE ESTIMATES

Weston Hornberger
403.401.3939
BigTwigTreeExperts@gmail.com



Foot Care In The Creek!

Clinics:	Thursdays at 6 week intervals
Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am -4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$30.00/session
Appointment:	Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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

CRABAPPLE COTTAGE

There's No Place *like The Cottage!*

EVERYTHING 20% off in JUNE!
**excluding new arrivals
Savings on select products up to 50% OFF!
what else can we tempt you with?

CLIENT APPRECIATION Day
June 13th • Noon - 7pm
Fashion. Food. Fun!
we ♥ our beautiful ladies!

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

Follow Us Online!
[@crabapplecottagebraggcreek](https://www.facebook.com/crabapplecottagebraggcreek)

join us! you will love it!

"Everyone's a star and deserves the right to TWINKLE"
- Marilyn Monroe

small place, Big Destination!



BRAGG CREEK HISTORICAL SOCIETY Notes

Green Timbers

A popular cabin retreat during the 1950s and early 60s, Green Timbers sat on a couple of acres in the hamlet on White Avenue, just south of where the Bavarian Inn sits today. Entrepreneur Nick Fry had purchased decommissioned streetcars from the City of Calgary and renovated them into cabins to create the resort. (Electric transit had been introduced in Calgary in 1909, and operated as public transit until 1950.)



Fry Family

Placed in the shape of a horseshoe, the twelve streetcars could be rented by visitors, mainly from Calgary. They had electricity for lighting and cooking and were heated with propane gas. Utensils were included, but you had to bring your own bedding. One streetcar hosted a sandwich bar, and another was renovated as a chapel for worship.

Green Timbers promoted dancing at Gerry Cooke's Corral for the adults, but no doubt inspired by four rambunctious sons, Fry also ensured kid-friendly activities. They could horseback ride, fish and hunt, but the biggest draw was a grassy playground with an outdoor swimming pool! As Fry's son, Nick, recounted later: "The pool was dug by hand with help from a horse-drawn scraper. We had to dig by hand through coarse gravel and river bottom rock. We

tried a horse-drawn scraper, but it caught on the rock and flipped forward, which was dangerous for the handler and no fun for the horse either. The guy who finally mastered the scraper came over from the Reserve and could easily have played tackle in the NFL."



The youngest brother E.J. (also known as Roger) added: "My memory of the immense concrete hole in the ground was that it would be warm enough to swim in at exactly the same time it

would become an interesting shade of green. As the pool morphed into a swamp, the big pump would be pulled up from the river, the emptying process would begin and Big R (another brother), myself and our buddies would scrub the thing down. Pump back down to the river and....repeat.

However, innovation did occur. A big boiler was installed down by the "engine" house where our electricity was originally



Visitor Jenny Ditchburn

generated by batteries. This had a simple hot water line that fed the pool and marginally increased utilization. The morphing from pool to swamp still persisted, and no doubt quickened. Innovation number two occurred with the installation of a filtration system, which perhaps brought the pool somewhat into compliance with health regulations.... but I doubt totally."

Nevertheless, the resort was well-used and loved by tourists to the area and local swimmers, including Camp Cadicasu campers who would arrive every second day for a swim. The Fry brothers are convinced that the venture probably lost more money than it made, but it was good times at Green Timbers... all for only \$27.50 per week!

by Michele McDonald

Sources: Robin Fry, Nick Fry, E.J. Fry, Philip Fry: Interview, December 2018; Ditchburn, Jenny: Interview January 2019; Stark, Erika Calgary Herald, December 7, 2015.

Monday
July 1st
9:30am
to 3pm

CANADA DAY

in Redwood Meadows

Live Music • Face Painting • Kid's Games • Redwood Fire Dept Slip & Slide • Bouncy Castles
Bike Parade 9:30am • BBQ & East Indian Food 11:00am - 2:00pm
Beer Garden 11:30am - 3:00pm • Birthday Cake Noon • Fireworks 11:00pm

HCRCWA Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL

CRIMEWATCH
ASSOCIATION



It's been a quiet month in the High Country out here on the edge of the prairie somewhere west of Calgary. Our column for last month mentioned our annual May 15 snowstorm that marks the end of each Spring season, yet on May 15 we had beautiful, warm weather. Where did the snow go? I got the answer from a friend in Massachusetts: They had a big snowstorm on May 14 and stole our snow. We soon got it back again on May 16-17, so Spring is finally over, here in Paradise.

I recently described the outstanding presentation on FireSmart at our AGM in Priddis. The good news is that if you missed that presentation, the Foothills Fire Department will repeat it Saturday, June 22, 2019, from 9:00 to Noon, at Square Butte Community Hall (290132 Hwy 762), on "Wildfire Community Preparedness Day." It is open to the public, and a potluck luncheon will follow. For details, go to www.squarebuttehall.com.

For more personalized information, Captain Cody Zebedee of the fire department will, at no charge, come to your home and offer suggestions on how you can easily reduce forest fire damage to your property. To schedule a visit, call him at 403.603.3576. The visit will take only about an hour and will be most instructive. As I write this column, there are twenty-three fires currently burning in Alberta, a number that will no doubt increase by the time you read this.

On a more somber note, the huge increase in dog thefts, missing animals, and heavily injured abandoned dogs in our province suggest there may be several secret dog fighting rings here. If you Google "fighting rings Alberta" (without the quotation marks) you can

read a recent Global News article on this disturbing trend: "Spike in stolen dogs could point to underground fighting rings." Warning: the article contains several disturbing pictures, videos, and links to other pieces.

The suspicion of fighting rings has been going on since 2013, when the Calgary Herald published an article entitled "Rumours of dogfighting ring heat up in central Alberta." The article concluded that it was just an unsubstantiated rumour. Perhaps that is still true today. A six-year officer of the Turner Valley R.C.M.P. told us that she had never heard of any dog fighting in this area since she first joined the force.

On the other hand, one of our H.C.R.C.W.A. members recently received the following e-mail from a friend who lives on an acreage near Edmonton. The friend, a championship dog owner, wrote, "Today a young undesirable punk was at the end of my driveway taking pictures of my dogs. When I asked him what he was doing, he ran down the road and joined a companion in a half-ton truck. A friend told me that some persons are stealing dogs to use for dog fighting. Sadly, some have turned up in ditches in rough shape."

**BRING YOUR
STORY TO LIFE**

Blitzprint
Inc.

Calgary's industry leader in
book publishing and printing

Family Histories
Autobiography
Self-Help Books

Fiction
Non-Fiction
Children's Books

phone: 403 385 2824
toll free: 1 866 479 3248

www.blitzprint.com
books@blitzprint.com

Bragg Creek Chiropractic Clinic

We are more than just bad backs!

Dr. Darren Scarborough

Computerized Gait Analysis
Radical Shockwave Therapy
Active Release Techniques
Chiropractic Manipulative Therapies
Postural Correction
Custom Orthotics
Acupuncture

Grace Michelsson, RMT
Massage Therapy
Hot Stone Therapy

949-3953

While there is still no hard evidence (i.e., actual rings found), the increase in missing and injured dogs, and anecdotal reports of suspicious persons taking photos of people's dogs, are enough for us to be wary. The letter writer concluded, "Do not leave your dogs unattended. [The criminals] are targeting acreages, as many dogs are outside. We are always out front with ours and have a lock on the end of our gate. Keep your babies safe!"

On another matter, we, along with many other crime-watch groups, recommend that members use the free WhatsApp program to set up local networks to combat crime in their area. It is the most popular messenger app in the world. Individuals of any group may be located anywhere and can be in many networks, but if they are in a neighbourhood network, when any persons there see something unusual—perhaps a crime, or just a suspicious car—they can instantly alert all the neighbours nearby with a confidential text message or phone call announcement. End-to-end encryption makes it virtually impossible for hackers to read any messages exchanged.

Or so we thought. But recently some government hackers found a security

flaw in WhatsApp that could let them not only read messages sent but also turn on computer and phone microphones to record everything anyone nearby was saying, even when no one was using the app or phone. The good news is that WhatsApp engineers have now found and corrected the flaw, and they urge users to download the patch to do just that. Anyone downloading the program now will get the corrected version. For more information, please go to: www.whatsapp.com.

So that's the news from the High Country, where all the grown-ups are youthful, each child is smarter than all the other children, and our rural crime watch is alive and robust.

TrailStock 2019

Celebrating Volunteers



FREE CONCERT featuring
FANTUZZI & The Flexibles
 Latin, Reggae, Afro-Funk with a
 Mystic Twist!

2 - 5pm SAT JUN 8
 @ The Trailhead Parking Lot, West Bragg Creek Rd.

ALL AGES EVENT




www.fantuzzi.com



National Indigenous Peoples Day

Please Join the Indigenous Awareness Committee


JUNE 21
 6:00pm
 Redwood House
 Redwood Meadows, AB.

Finger-food potluck and refreshments will be followed by a presentation of Education for Reconciliation, a participatory exercise led by local resident, Dr. Jennifer Leason.

This event is **FREE** and appropriate for ages 15 and up.

OVER 20 YEARS INDUSTRY EXPERIENCE • LOCALLY OWNED AND OPERATED



AQUA MULE
 WATER WELL SYSTEMS & SERVICES
 EST. 2005

EMERGENCY SERVICES WATER WELL TESTING, INSPECTIONS, TREATMENTS & TROUBLESHOOTING, REAL ESTATE & OILFIELD PUMP TESTS WATER FILTRATION SERVICE & MAINTENANCE	WATER WELL SYSTEMS & MAINTENANCE WELL PUMPS, PRESSURE SYSTEMS, CISTERNS, STOCK WATERERS CONSULTING
--	---

SERVING FOOTHILLS COUNTY • BRAGG CREEK
 SPRINGBANK AND SURROUNDING AREA

403-992-2931 • aquamule.com



WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

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

**Having a hard time remembering your maintenance schedule?
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

SIGN UP NOW by emailing info@acreswest.ca

Local family owned business for over 25 years



25 years in Business

- Water Softeners, Iron Filters, Water Purifiers
- Pressure Tanks, Well Service, Pumps
- Water Storage Tanks



**ACRES WEST
POWER & WATER**

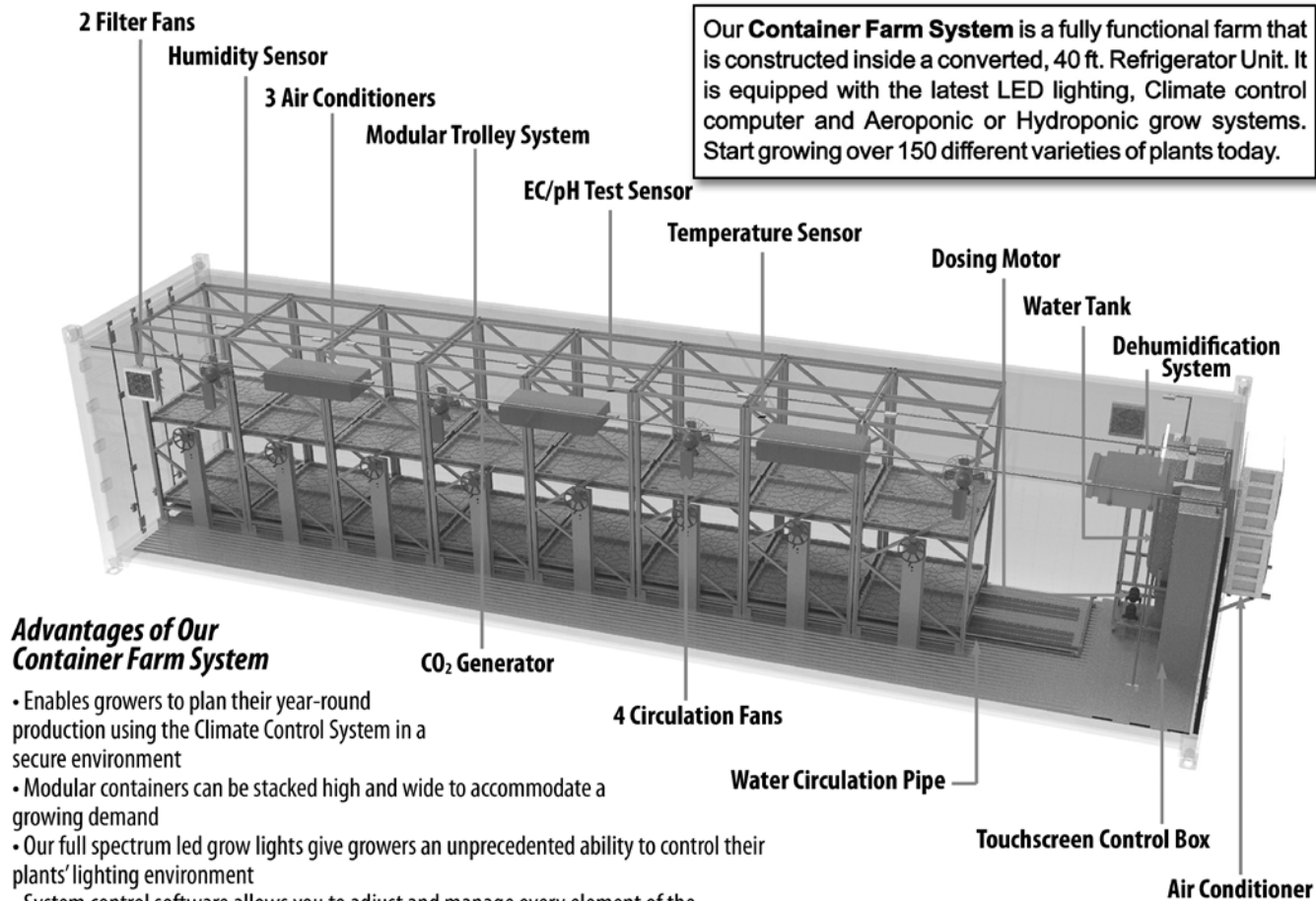
**Our Green Technologies will
Transform your Acreage**

www.acreswest.ca

403-931-3733

Introducing the Container Farm System!

Our **Container Farm System** is a fully functional farm that is constructed inside a converted, 40 ft. Refrigerator Unit. It is equipped with the latest LED lighting, Climate control computer and Aeroponic or Hydroponic grow systems. Start growing over 150 different varieties of plants today.



Advantages of Our Container Farm System

- Enables growers to plan their year-round production using the Climate Control System in a secure environment
- Modular containers can be stacked high and wide to accommodate a growing demand
- Our full spectrum led grow lights give growers an unprecedented ability to control their plants' lighting environment
- System control software allows you to adjust and manage every element of the container farm
- Modular and independent Rolling Trolley Systems are equipped with full spectrum lighting, customizable shelves and hydro trays. 5760 plant sites in a 6 tier, 40' container

Examples of Container Farm Produce Yields

- Basil yields average 5,200lbs per year (Wholesale \$50,000 Retail \$99,000)
- Lettuce yields average 40,000 heads per year (Wholesale \$72,000; Retail \$120,000)*
- Spinach yields are 50lbs week or 18,250 lbs per year (Wholesale \$18,250 Retail \$32,850)
- Strawberry yields 7000 lbs per year per container (Wholesale \$28,000 Retail \$42,000)

Examples of Cannabis Yields/Micro Grower Opportunities

- 4 - 6 container farms equal one Micro Cultivation / Micro Processing / Nursery facility
- 1 Clone / Seedling Container, 1 Vegetation Container, 2 Flowering Containers can yield over 450 kg of dried cannabis per year (Wholesale \$2,250,000; Retail \$4,500,000)
- 6 container farms can be customized to facilitate the 600kg maximum Micro Processing yield

*Alberta.ca - Alberta Direct Market Average Fruit and Vegetable Prices 2017/18 Growing Season





Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Check out FireSmart information: www.firesmartcanada.ca to see what you can do on your own property. Foothills Residents, contact our Foothills Fire

Department if you want them to visit you to provide some specific FireSmart advice about your home, yard, etc. Phone 403.603.3571 to discuss with Foothills Fire Inspector Cody Zebedee.

Clean Air Day "Fair": The Calgary Region Airshed Zone (CRAZ) will be hosting a Clean Air Day Fair on Wednesday, June 5th, 2019, at the Crescent Point Regional Fieldhouse in Aldersyde, Alberta (125 Fieldhouse Drive). The Fair is open for everyone to come and enjoy from 9am to 3pm. Join CRAZ to explore and learn about air quality and environmental stewardship in our community. Learn how air quality is measured. Enjoy interactive displays on environmental initiatives in our area. Explore electric vehicles. This event will be introducing the Portable Air Monitoring Laboratory (PAML), which will be operational

and monitoring air quality data in the Foothills County / Okotoks/High River corridor.

2019 Budget and Tax Info:

This summary includes a collection of details prepared

by our Finance Department and approved by Council. Similar info will also be mailed to you with your Tax Notice. The 2019 operating and capital budgets for Foothills County total \$71.13 million. Of this amount, \$41.58 million is for municipal operations, \$5.94 million for capital projects, \$1.29 million for debt repayment, \$21.33 million for school requisition and \$0.99 million for seniors housing requisition. To finance its budget, the municipality will use a combination of taxes, user fees, government grants and reserves. Capital purchases decreased by 43% compared to 2018. Three-quarters of the capital purchases/projects will be funded through Provincial or Federal grant programs. Foothills County collects taxes for its own operations and is required to collect taxes on behalf of third parties, including the Province for public school purposes, the separate school district and Westwinds Communities for seniors housing. The taxes collected for third parties amounts to 38.8% of all taxes collected and 43.1% of the residential tax bill. Foothills County has four assessment classes, each with a separate mill rate. The majority of the assessment in Foothills County is from residential assessment. Therefore, the majority of tax revenues come from residential

ELECTRICIAN / HANDYMAN

CALL KEITH: 587 894 2244

Master Electrician - General Handyman - Small Load Hauling

Taking Care of Your 'HONEY-DO' List

KEITH WALTERS - celtic.kw@gmail.com

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



Bragg Creek Insurance Services & Registries Office

Insurance Services Include: Registry Services Include:

Home & Farm
Automobile
Commercial
Travel
Specialty

Motor Vehicles
Corporate Returns
Land Titles
Vital Statistics
Alberta Health



1 River Drive S, Box 537

Phone: 403-949-2599

Fax: 403-949-5646

www.braggcreekinsurance.ca

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

landowners. To determine taxes, the property assessment is multiplied by the mill rate. Taxes are affected by changes to both the assessment and mill rates. In 2019, market values or assessed properties in Foothills County had an overall increase of 2.56%. Mill rates increased as follows: 1.89% for residential and farm properties, while the non-residential and machinery & equipment mill rates increased 1.31% & 1.86% respectively. Tax changes for individual properties will depend on the change in the assessed value of the property. Designated Industrial Properties will see a higher increase resulting from the increase of a Provincial tax to cover the Provincial expenses related to assessing these properties. The assessed value of your property reflects the status of the parcel at December 31, 2018. The 2019 mill rate increases are due to a variety of factors, some within the control of Municipal Council and other factors controlled by third parties such as the Provincial Government. An increase in the estimate for taxes for the school requisition was partially offset by a reduction in taxes for municipal purposes. The 2019 mill rate increase can be attributed to increased costs relating to: recreation, fire, enhanced RCMP policing, fuel costs and the road construction program.

Calgary Metropolitan Region Board (CMRB) Update: Foothills County is one of 10 members of the CMRB, which is tasked with developing a long-term plan for managed, sustainable growth in the Calgary region. The CMRB

must develop a Regional Growth and Servicing Plan by December 31, 2020, as well as a Regional Evaluation Framework, which will determine which types of plans will need to go to the Board for approval. Meetings of all Committees and the Board are taking place monthly in order to get through the major work necessary to accomplish this work. I am pleased to represent Foothills County on the Servicing Committee (as Vice-Chair) and as alternate on the Land-Use Committee. In particular, items such as available water are key to the conversation about regional collaboration and

development. Studies are under way to bring in current information about water complexities, flooding, transportation, transit, environmentally sensitive areas, regional employment, land supply, agricultural lands, governance, recreation, etc., and a growth plan consultant selection process is under way. More information, agendas, minutes, draft plans, etc., can be found on the CMRB's website: www.calgarymetroregion.ca

*For Other News & Updates:
Please visit my website: suzanneoel.com
www.facebook.com
Best Regards, Councillor Suzanne Oel*



FORTRESS

ROOFING & EXTERIORS LTD.

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

Call us for a FREE Estimate
403-264-7844

www.fortressroofing.ca

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

EAGLE SEPTIC

Your trusty specialist



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

SEPTIC TANK
& VACUUM
SERVICE

REPAIRS

TOP RATES

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





Sylvie Lappa
Massage

Sylvie Lappa Massage
RMT • NHPC

403 • 828 • 5408
sylvielappa@gmail.com
www.schedulicity.com/scheduling/SLMFES



Happy Father's Day!

Time to get out and enjoy a wonderful day with Dad!

Parent & Tot Playgroup: Our drop-in playgroup meets the first Friday of each month at the Hall. The next date is June 7th. There will not be any playdates in July and August for summer break. No fee is charged. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com.

Millarville Run to the Farmers' Market 1/2 Marathon: The Millarville Farmers' Market starts on June 15th. Join us on Saturday, June 15th for one of our point-to-point runs through the Foothills, finishing at the Millarville Farmers' Market, west of Calgary. Invite friends and family to meet you at the finish line then spend the rest of the morning enjoying the Millarville Farmers' Market. To register visit www.millarvillehalfmarathon.com. Make it a family event. Post-race children events will be at the finish line.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens - June 22nd: Mark your calendar for the 2nd annual yoga fundraising event, "Yogis R Warriors of Hope" taking place at Priddis Greens Golf Club on Saturday, June 22nd, 9am to Noon. The cost is \$40/person. There will be a silent auction and refreshments. Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work during their

treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries. For more information contact Lori Colwell at 403.472.5349. Register at www.warriorsofhope.ca

Priddis Stampede Breakfast - July 7th:

There is a planning meeting scheduled on June 3rd at the Priddis Pub at 7:00 pm. Come on out to help us get organized for the annual Priddis Stampede Breakfast on Sunday, July 7th. Bring your family and join your neighbours for a great breakfast, music and lots of activities for the kids, including a bouncy castle and face painting. Free parking is available in the Foothills County lot off Priddis Valley Road, just north of the View & Brew. You will be transported to the Hall and back by horse and wagon. The Priddis Volunteer Fire Fighters will be cooking up the pancakes again this year. Azuridge Resort is kindly sending their Chef and helper to keep things running smoothly in the kitchen. The Fire Fighters will have a fire truck and equipment on site for display. We are looking for volunteers

so contact priddissecretary@gmail.com. See you at the Priddis Community Hall on July 7th.

112th Annual Priddis Millarville Fair:

Mark your calendar for Aug 17th & 18th, from 9am - 4pm. Cost is \$5/person per day, children 8 and under are free. There is lots to see and do with items available that are made, baked or grown in Alberta. Learn about Alberta's agricultural history, touch the animals, watch horse riding events of all types and participate in various contests. Sign up for pie eating, watermelon eating, rooster crowing or youth talent. View the antique tractors, cars and trucks. Support local farmers and crafters, while browsing the judged entries. Anyone can enter as an exhibitor. Check out the 2019 Priddis & Millarville Fair Book for the full range of fair activities. A copy can be picked up at the Priddis Store or Priddis View & Brew. For info: fair@millarvilleracetrack.com

Fitness at the Hall: Check out our website to see when Jazzercise and

SPRING Ornamental Gate with PILLAR Sale
Our automation packages start at **\$7998.00**
LYNX BRAND
CALGARY • 403.273.4821 • sales@lynxfence.com

WCB * LICENSED * INSURED
Support Your Local Business
HOT PEPPER®
FURNACE & DUCT CLEANING
403-888-2000
www.HotPepperFurnace.com
HOT PRICES - GREAT WORK!™
HomeStars, BBB, A+ rating, SATISFACTION GUARANTEED

Yoga classes are scheduled at the Hall. **The annual Priddis Garage Sale** on May 11th was a huge success. It was a very busy two days of setting up on Friday and organizing donations, then selling on Saturday and cleaning up. This is a fundraising event for the Hall so we would like to thank local residents for their donations and everyone for coming out and purchasing their treasures. Thanks to Arlene Jelfs and her team of volunteers.

Priddis Early Learning Program (PELP): As part of their programme, the children planted flowering annuals in the barrels on the Hall deck in May. PELP's fundraiser, Mabel's Labels is ongoing. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool.

The 3 and 4-year old programs are full, with a waitlist for 2019-2020. Contact

pelpreschool@gmail.com for more information on this local program.

Priddis Multi-Purpose Building: To complete Phase 1 of the Outdoor Rink Rebuild Project, the Multi-Purpose Building Committee set a goal of \$100,000. So far, \$70,000 has been raised with this current fundraiser, corporate donations, 50/50 ticket sales at 2 Flames Games, 50/50 ticket sales at the Hitmen Teddy Bear Toss, and grants. An additional \$30,000 is needed to complete Phase 1 so the Committee is looking for donors and corporate sponsors. If you would like to donate, contact Dave Thompson at 403.921.3640 or email priddishockey@gmail.com

Booking the Hall: To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing and updates.

Staying Connected: Did you know that along with The Priddis

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

Century Rock Masonry

All Types Of Stonework

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

David Andruko



403-819-5303

Wilson Plumer

Chartered Accountants

ben@benplumercpa.com

Bus: 403.949.4947

Fax: 403.949.2252

PO Box 879

3 River Drive S.

Bragg Creek, AB T0L 0K0



Find Us On:



BREEZE
OF COLOR



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

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

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

Francois Bradette, Project Manager

www.breezeofcolor.ca | 403.397.9698 | francois@breezeofcolor.ca

We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion. We believe this is what Jesus is all about.

Upcoming Events and Programs:

Dinner Church

Saturday, June 8 at 5pm

Dinner Church is a monthly get-together for families, working professionals, and anyone looking for a place to connect and explore faith and spirituality. After dinner, the children enjoy an activity while the adults digest a delicious meal and discuss compelling topics.

Serving at the Drop-in Centre

Thursday, June 13 at 4:45pm
(meet at RDLUC)

We serve dinner at the Calgary Drop-in Centre on a regular basis. We need up to 25 volunteers to help serve the meal. Meet us at the church to carpool downtown. For more information, call the church office at 403.256.3181.

Sandwich Bee

Monday, June 24 at 9am

We also prepare about 40 loaves of sandwiches for the Drop-in Centre on the last Monday of each month. It's a fun way to get to know us and help out those in need.

Stampede Breakfast

Sunday, July 14 at 9am

Wrap up an awesome week of stampeding by attending our annual Stampede Breakfast. Everyone is most welcome. Bring your friends and neighbours!

Camp Caravan

August 19 - 23, 2019

Offered by St. Andrew's Regional Ministries

Looking for a great summer camp for the kids? Camp Caravan is a summer day-camp experience for children in preschool to Grade 6. It is filled with epic Bible-learning experiences children will see, hear, touch, and even taste! Through small group activities, sharing stories of feeling God's power at work, and team-building games, everyone will be kept on the move, as we find creative ways to discover God's mighty power and love. Register at www.andychurch.org/CampCaravan.

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

Your Friends at Red Deer Lake United Church

403.256.3181, office@reddeerlakeuc.com
Instagram @RedDeerLakeUC
Sunday Worship: 10:30am



Warriors of Hope Presents:
An inspiring morning of live music and calming outdoor yoga
at the beautiful Priddis Greens Golf & Country Club

2nd Annual Fundraiser in Support of Wings of Hope Breast Cancer Foundation.

#BEAWARRIOR
SATURDAY, JUNE 22ND, 2019 | 9:00AM TO 12:00PM | \$40/TICKET
REGISTRATION AT WWW.BROWNPAPERTICKETS.COM





• LIVE MUSIC • HAND MESSAGES • SILENT AUCTION • RAFFLE •
• JEWELRY SALES • LIGHT SNACKS • 90-MINUTE YOGA CLASS •



[@YOGISRWARRIORSOFHOP](https://www.facebook.com/yogisrwarriorsofhope)



ST. JAMES ANGLICAN CHURCH

Priddis Valley Road in the Priddis Hamlet
www.meotaparish.ca

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

June 16th • 9:15am

HOLY EUCHARIST • Trinity Sunday

June 23rd • 9:15am

HOLY EUCHARIST

June 30th • 10:00am

5th SUNDAY WORSHIP

Christ Church, Millarville, followed by Potluck Luncheon

July 7th • 9:15am

HOLY COMMUNION

July 14th • 9:15am

HOLY EUCHARIST



Connect at
[Facebook.com](https://www.facebook.com/meotaparish)
[/meotaparish](https://www.facebook.com/meotaparish)
and
[@meotaparish](https://www.instagram.com/meotaparish)
on Instagram



May 2 was the last Storytime of the year and the last organized by inveterate library and community volunteer Karen Whitlie and her merry band of cohorts - Kim Burns, Dixie and Tony Webb. Karen has been orchestrating Storytime to the delight of local pre-school and kindergarten children for 19 years and she will be sorely missed. Fortunately Kelley Nutbrown has volunteered to take over the program. Thank you Karen and thank you Kelley.

Library hours are as usual for the month of June: Monday, Tuesday, Thursday 9 - 3; Wednesday 9 - 7:30 and Fridays 9 - Noon. You will be treated to a visual delight of textiles entitled The Abstraction Show by Spectra Fibre Arts in our library during the month of June. When you come in don't forget to check out the new display of favourite reads for adults: "Millarville Reads." For young adults there is a new set of books in our library for the month of June: "Young Readers' Choice."

For the summer months of July and August the library will only be open one day a week: Wednesdays, 10:30 - 7:30. Of course, you can order books online and can pick them up on Wednesdays as well as peruse the shelves. We welcome Brittany MacDonald who will be our summer library manager beginning June 5th.

We are also running our popular Summer Reading Program for kids on Wednesdays beginning July 3 thanks to Anna Carnell and Brittany MacDonald

so be prepared for creative fun. Just drop by during summer library hours.

The library is always in need of volunteers. It is a user-friendly, flexible commitment and a chance to connect with like-minded readers. Contact Janine Jones at 403.931.3919 for more information if you are interested.

Here's a tip to boost your summer reading. Many of us get hooked into one author and a particular series, aka binge reading! If you want to research books by a favourite author check out www.fantasticfiction.com/ph/author (insert your chosen author's name instead of "author".)

Happy Summer Reading everyone!





MOUNTAIN'S EDGE RENOVATIONS

QUALITY... INTEGRITY... ATTENTION TO DETAIL



Complete Custom Renovations



WCB, Insured, Licensed, 2 Year Warranty





www.mountainsedgerenovations.com

403-949-7727 or 403-461-2710



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Thursday, June 6 is our annual Plant Sale, held at the Millarville Racetrack Quonset. Doors open at 7pm. This exciting event is over by 7:30pm as plants sell out quickly. Plants are donated by club members from Chinook hardy plants that have been divided. There are also some annuals and greenhouse tomatoes and peppers. Come early to check out the selection..

Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.



We are excited to share the news about upcoming events sponsored by the Square Butte Community and offered at Square Butte Hall on Hwy. 762

Music Jam Nights: Wednesday night at 7:00pm, June 5 and June 19. All instruments and all levels of talent are welcome.

Sat, June 8 Chili Cook-Off and Dance: We have community members going head to head (actually crock pot to crock pot), each vying to be crowned Chili King or Queen. Come out and help us judge the: Vegetarian Servings, Locally

Sourced Ingredient Submissions, and Meat as well as Mystery Meat Based Offerings. Prizes: There is a \$100 prize for first place along with a \$50 voucher to be used toward the July BBQ and Auction Event. Bring your appetite for the Chili supper at 6:00 and your partner for the dance at 7:30. \$25 for members and \$35 for non-members. Ticket information at www.squarebuttehall.com.

Sat, June 22 Wildfire Community Preparedness: sponsored by Fire Smart Canada and Square Butte Community Association. 9:00am to Noon. Stay for the Pot Luck Lunch.

RSVP terapyriver@gmail.com. This is a free event held at Square Butte Community Hall. Preventing Fires is Everyone's Responsibility.

Sat, July 27 BBQ and Fund Raising Auction and Silent Auction: We are receiving some amazing donations for the auction being held in conjunction with our summer BBQ. Information about tickets for both community members and non-members is available at squarebuttehall.com. More information about this event in next month's edition of High Country News.

Save the Dates: September 15th - Family Games and Pot Luck event; October 5 - Bring out your lederhosen for the Square Butte 'Oktoberfest'

Membership in the Square Butte Community Association is \$10/individuals and \$20/family. Contact sq.butte.comm.assoc@gmail.com for membership information.

114TH MILLARVILLE RACES
JULY 1 2019

EVENTS START AT NOON
Pari-Mutuel Horse Racing | Wiener Dog Racing
Ladies' Sidesaddle Race | Stock Horse Race
Farmers' Market | Beer Garden | Kids' Activities

\$10 PERSON - AGE 12 & UNDER - FREE

MillarvilleRacetrack.com 403.931.3411

THE Millarville DERBY
VIP Tent ~ \$80/person
TICKETS ON SALE - APRIL 1, 2019

ATB Financial **BAR NONE RANCHES** **CALGARY FOUNDATION** **CENTURY EQUUS RACETRACK - CASINO** **CERVUS**

Crescent Point **FORTIS ALBERTA** **IRONWOOD BUILDING CORP** **OKOTOKS** **STAMPEDE ELECTRIC** **THE HORSES** **VILLAGE V**

FOOTHILLS COUNTY **INTEGRITY** **OKOTOKS** **SPRUGE MEADOWS' LEG UP FOUNDATION** **William Evans**

Join us for the Millarville Derby VIP Experience

THE Millarville DERBY

Celebrate the 114th Running of the Millarville Races in style

Monday July 1, 2019

Dress-up in your own elegant take on Derbywestern there are no rules but we expect fabulous hats will figure prominently.

Your ticket will include entrance to the races, cocktail and lunch by Rusty Spur.

You'll find shade, exclusive pari-mutuel betting terminals & lessons by a local expert on the ins & outs of horse-racing

Tent doors open at 11am

TICKETS ON SALE APRIL 1, 2019.

\$80 + GST, children under 12 - \$20 + GST

Buy online at MILLARVILLERACETRACK.COM

or (403) 931-3411 office@millarvillracetrack.com



Millarville Community School News

Edited by MCS Students, Alyssa, Reese, Jack and Heidi

Junior High Swim Like Fish! Gr. 7 and 8's go Scuba Diving at Adventures in Scuba!

By Bailee and Kaja

The Gr. 7 and 8 class went to the Adventures In Scuba diving facility on May 6th and May 8th this spring.

The students had a full two hours with a certified PADI Instructor. They started in a three foot pool and ended up diving in a fourteen foot pool. "I really enjoyed having the opportunity and a fantastic experience." stated Gr. 7 student Kaylynn.

Gr. 7's get ready to scuba dive.



Biggest Test Yet: P.A.T.'s at MCS

By Bailee and Kaja

The Gr. 6 class at Millarville have just taken their biggest test! The class was given two hours to complete the language arts Provincial Achievement Test on what they have learned throughout the year. Good luck to the Gr. 6's with their other upcoming P.A.T.'s.

Gr. 8 Graduation Ceremony

By Dalton, Tyree, Evon and Wyatt

On June 24, the Gr. 8's will be having their Graduation Ceremony. This year the graduation will be galaxy themed. It's an awesome opportunity for them to celebrate their accomplishments. In past years, groups have had real jousting and live bands at their celebration. You can't forget the tears of joy and great catered food.

Friendly Competition: Mcs Hosts An Incredible Track And Field Day

By Shona, Nathan, James and Micah

On May 9th, Millarville Community School held a track meet for students to enjoy. The meet consisted of six different races, three throwing and three jumping events. The younger grades had shorter runs and easier throwing events. For example, instead of a shot put, they used a soft ball and they threw a frisbee for discus. Even though kids enjoy the MCS track meet it can turn into a heated competition between friends. Junior High athletes who finished top two in each event on Track and Field day went to divisionals which took place on the May 22nd. The gym teacher, Mr. Cantelon was excited to send about thirty junior high athletes.

The top two junior high students in the divisional events went to Zones which was on May 28th. Thanks to Mr. Cantelon and Ms. Oliver for organizing a great track meet as well as the many volunteers who made it possible.

Does Your Boat Float? Gr. 2 And 8'S Go To The Pool

By Amber and Dominique

On June 18th, Gr. 2's and Gr. 8's will be going to the Okotoks Pool. At the pool they will be testing if the boats the Gr. 2s constructed will be buoyant and move as they were designed. The students are also excited to go swimming. "... I want to see if the boat sinks or floats. I am also looking forward to the water." said Evan, a Gr. 2 student. The Gr. 2's think that they will have an amazing time on this trip.

Tea Time: Celebrating Volunteer's On A Relaxing Afternoon

By Amelia and Stetson

Every year MCS hosts an event for parents and community members that have volunteered with school activities. The volunteers have the privilege of eating pie and drinking tea which is served by junior high students. The younger students at MCS perform music and plays that they have been

Gr. 6 girls soak up the sunshine at Track and Field. Photo courtesy Rachel Ellen Photography



practicing for this special day. It's also a great way for the students to show their family and other parents what they have learned.

Gr. 8's Goodbye Present To The School: Gr. 8S Gift The School With Picnic Tables

By Amelia

The Gr. 8's say goodbye to Millarville as the school year wraps up. Some Gr. 8 students have gone to school here since Kindergarten and leaving this school will be challenging. The students are planning on giving the school a goodbye present before they all leave. They have decided to build picnic tables around the school with their initials carved into them. That way people will always see and remember their class. This present will surely be memorable for the younger students. Thank you Gr. 8's!



Gr. 4's show their determination in their last race! Photo courtesy Rachel Ellen Photography

TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well it's been a pretty nice month of May. We've had some rain which is needed, and some really beautiful days which felt good after such a long winter. The first day of summer is officially June 21st, and I hope you are getting out and enjoying the weather and checking out what goes on in our Foothills community.

Discovery Days is always the first Saturday of June. There is a Parade followed by events in both towns. For a full list, check last month's issue or either Town's website. The weekend was started to celebrate the discovery of oil in Turner Valley. In 1911 farmer Stewart Herron saw gas bubbling up alongside the Sheep River, and decided to invest in it along with Senator James Lougheed, R.B. Bennett, and A.E. Cross. They called their company the Calgary Petroleum Company, which drilled its first well in 1913. On May 14, 1914, their #1 well blew, and history was made.

We have our very own Music Festival here in Black Diamond, called **Diamond Music Fest** and will be held on Canada

Day, July 1st. There will be live local bands all day, vendors, food and beverages, kids activities, and fireworks at dusk. Also our local Legion #78 will be putting on a mini restaurant and beer gardens. If you would like to book a vendor table or help to sponsor the Fest, give BD Town a call at 403.933.4348. The Fest will be held in Ethel Tucker Park, behind Oilfields High School, and admission is by donation. Bring your lawn chair and enjoy the talent we have right here in our community.

And keep the music coming on June 8th for "**Music for Our Vets**", in support of the Calgary Veteran's Food Bank. The Vet's Food Bank is in the process of establishing a drop-in centre to help vets with the transition back into the community, and providing services and access to programs. This is a fun filled day with draws, a silent auction, specials, and music from Julian Austin, Bucking Horse Moon, and tons more from noon til closing. Bring a non-perishable item for the Food Bank, and admission is \$10 at the door. If you would like more info, or to help sponsor the event or have a silent auction donation, give the venue a call at 403.933.7878. The event will be held at the Woodstock Hotel in Turner Valley at 112 Kennedy Drive.

The **Turner Valley Gas Plant** is open for tours again this year. This gas plant developed petroleum exploration and

production expertise in Canada's west and has a colourful history. The tour is a hands-on, interactive learning experience. The tours run on Saturdays, Sundays, and statutory holidays until September 2nd. This year Canadian military and their families have free admission with a CFOne card. Kids under 6 are free also. For more information, check out turnervalleyoilfield.society.ca.

Lace up your runners for the annual **Millarville Run to the Farmer's Market Half Marathon**. There are different categories for the Run, from 3-21 kilometres, and there is a shuttle bus service to get you from the end back to the start. Start at the Oilfields Arena in Black Diamond and run to the Millarville Race Track, then enjoy the 37th opener of the Farmer's Market. The Run will be held on June 19th, registration is required, so for more information check out millarvillacerack.com.

Also in Millarville, their Horticultural Club will be hosting their annual **Plant Sale** on June 6th. This is a popular event with sales of hardy chinook zone perennials and annuals from member's gardens. The Sale will be held at the Millarville Racetrack at 7pm sharp. For more info, please call Jill at 403.995.0699.



Acreages • Driveways • Pathways
Resurfacing • Parking Lots
Parking Pads • Patch & Repair

FREE ESTIMATES

Kevin Rediger

403.651.1900

www.bulldogpaving.ca

ELBOW RIVER EXCAVATING & LANDSCAPING

Serving Bragg Creek & Area for 22 Years

Bob Cat • Hoe • Trucking • Landscaping • Road Building
Rock Walls • Loam • Gravel • Trenching Water Lines

Utility Lines • Site Preparation
Tree Removal • Tree Planting
Post Pounding • Drainage
Snow Removal



Joe - 949-3227
Cell - 899-4886



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



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

Life-changing experiences; soul-enriching safaris

EXPLORATIONS
AFRICA

Dan & Antoinette

Cochrane AB—403 981 5558

info@ExplorationsAfrica.com

www.ExplorationsAfrica.com

Our very own Diamond Valley Community Garden is also holding their **Plant Sale** on June 9th. All their beds have been rented out this year, which is great. They have put down mulch on the pathways and have a new squash bed this year. It looking like a great season if the hail can stay away! The Plant Sale will be held in the Country Food Mart parking lot. For more info, check out Diamond Valley Community Garden on Facebook.

It's **Lemonade Day** on June 8th! Lemonade Day was first introduced in Texas in 2007. The mission is to help today's youth become the business leaders, social advocates, community volunteers and forward-thinking citizens of tomorrow – one lemonade stand at a time. Since inception, the program has had over 750,000 kids take part in cities and towns all over North America. The program teaches business skills and is founded on three major pillars, "Save

Some, Spend Some, Share Some". 63% of kids participating chose to give to a charity of their choice. Way to go! The event will be held around the Diamond Valley and Okotoks communities, for more information or how to participate, visit lemonadeday.org. Make sure you stop and buy a cup!

The Leighton Art Centre invites everyone to their annual **Clothesline Festival and Art Sale** on June 3rd and 4th. Over 1200 original works of art and fine crafts will be on display and for sale for that one of a kind gift. Admission is free and it is a lovely place to spend the day. For more information, visit leightoncentre.org.

STARS Air Ambulance hosts many different fundraising events throughout the summer. Some of these events include **Rescue in the Rockies, Farm to Food BBQ, Trail Rides, Poker Runs**, lots of **Golf Tournaments**, and the **2019 Southern Alberta Music**

Festival. Help keep STARS in the sky by participating in one of these events and helping a life-saving organization. Check out all the information at stars.ca/upcoming-events/ab.

The annual **Guy Weadick Days** is coming up the weekend of June 20-23 in High River. This is a Pro Rodeo with Chuckwagon Races as well. There will also be a Ranch Horse Race and Ladies Breakaway Roping. Guy Weadick was an American-Canadian cowboy best known as the founder of the Calgary Stampede, and was married to famed cowgirl Florence LaDue. Lots for the whole family to do this weekend and there will a Saturday night Cabaret as well. Camping is available. The event will be held at the High River Rodeo Grounds, for more information, visit highriverag.com.

The Boys and Girls Clubs of the Foothills is offering **free youth drop and roller skating** on Friday nights (excluding holidays) from 6 - 8pm for ages 11 and up. This will be held at the Black Diamond Club upstairs at the curling rink behind the high school. The space is youth led, but supervision will be present. Besides the roller skating, there will be access to computers, wifi, a pool table, air hockey and a low cost canteen. There will also be a shuttle bus service from Turner Valley School at 5pm with return to the school at 8pm. Thanks to Pharmasave in Black Diamond for sponsoring the free skate, which everyone is welcome to come to, helmets are mandatory. Bring your own helmet and skates to the Oilfields Regional Arena from 5:15 - 6:15pm.

If you have any events coming up in July that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is **June 15th**.

Happy **Father's Day** on June 16th!

Elaine Wansleebe

COUNTRYSIDE PICTURE FRAMING

Okotoks Air Ranch
Offering 40 Years of Experience

Picture Framing Services
Friendly, Home-Based Business

By Appointment
Phone 403.995.3363

www.countrysidepictureframing.ca

Come and see what a difference a frame makes!

"Frame it right - Frame it for a lifetime"

No distance too far if it's done right



Love Is In The Hair

Full Service Family Salon · All Welcome!



587.703.3725

403.931.3109

Kandyce Lopez, Stylist / Owner

Priddis Valley Rd W | Find Us on Facebook

MARK SHEPHERD

Custom Interior Renovations
& Fine Furniture Making

DESIGNING AND BUILDING
FOR OVER 30 YEARS

403.619.2129

www.granarymouse.ca

mark@granarymouse.ca





Longview Library

The Longview Library has been awarded an Honourable Mention in the small library category. This award is given by Marigold, and recognizes our poetry program that is proving very successful. Congratulations go to Myrim Wilson, who was the winner of this year's contest.

The Eden Valley Project is underway and is proving to be better than we had hoped. This project provides an opportunity for residents of the Eden Valley Reserve to be in a work place environment and to reconnect with it.

We are really excited to be a part of this program and to have the support of the

Eden Valley community and its Elders. It has been a very positive experience for everyone. Two very congenial and charming participants have been Tuff Dixon and Alke Lefthand. Congratulations to you both!

Due to popular demand, the library has purchased some new books on mermaids and unicorns. Our librarian, Lynda, has purchased two sets of snap circuits. Hundreds of electronic circuits can be built with these kits, and they are popular for children and adults alike.

Two good reads are *Daughters of The Night Sky* by Amie K. Runyan. It is the story of Katya, a young Russian pilot, who when the Nazis were storming across Europe, is called to defend her country. Her unit is the only one comprised

of just women. They were so successful that the Germans learned to fear their nocturnal raids and called them "The Night Witches."

Another is *Forgiveness* by Mark Sakamoto. It is a true life account of one of the darkest periods in Canadian history. It tells of the courage and resilience of two Japanese families interned in camps in Alberta during the Second World War. It reaffirms the power of forgiveness for achieving peace and equanimity.

Happy Reading!

Sylvia Binkley, sliv@telus.net

Fire Smart Canada and the
Square Butte Community Association present

WILDFIRE COMMUNITY PREPAREDNESS DAY



Saturday, June 22, 9:00am - Noon

Square Butte Community Hall on Hwy 762

All are Welcome · Stay for the Potluck Lunch

RSVP to therapyriver@gmail.com

FALL IN LOVE WITH YOUR HOME ALL OVER AGAIN!

Call Doug Mann 403.510.6222 | inspirationrenovations.ca

INSPIRATION
RENOVATIONS & HOMES
AN ARTISAN BUILDING DREAMS



Time is fast approaching for our Summer Reading Program for children aged 4-10 on Wednesdays throughout the summer. Teagan is all set to provide a fun-filled hour of stories, crafts, games and activities. The first session, 10-11am, is for children aged 4-6. A slightly longer session for 7-10-year olds follows at 11:10am. Summer Reading Program starts on Wednesday, July 10th and will run until August 21. The program will not be held on July 31. For more information on our Summer Reading Program please go to our website or pick up the brochure at the library.

If you are a resident of Turner Valley and have wanted to sit down and chat with the elected officials on the Turner Valley Council in an informal setting, then mark Tuesday, June 11 on your calendar. From 6-8pm, we will be hosting a Council and Coffee evening by the fireplace. This is your chance to come and meet your councilors, along with Todd Sharpe, the CAO, and other members of the Town's administration. Coffee and snacks will be provided. Don't miss this opportunity to speak with council members outside of the formal setting of a council meeting.

There is still time to join the happy band that is the Diamond Valley Songwriters. This group started in March and its members cover a wide spectrum of songwriters from beginners to those who have been at it for a while. Come and learn from those with experience in writing both lyrics and music in a variety of

genres. There is guaranteed to be a laugh or two. The next date is Wednesday June 12 at 7:30pm.

On Wednesday, June 5th at 1:30pm Neil Godfrey, along with his wife Joanne, will be speaking about his journey since being diagnosed two years ago, with early onset Alzheimer's disease. Neil is 63 years old. He has a Bachelor of Science degree in Geology from the University of Calgary and worked as a geoscientist for 38 years. Neil is also an accomplished artist and an avid outdoorsman. Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. This devastating disease worsens over time, and at the moment there is no known cure. Neil's talk will allow the audience

to journey with him as he shares his story of sliding into the disease. There will be time for questions and answers after the talk. Please register at the library or call 403.933.3278.

It is with much sadness that we note the passing of Wayne Odegard. Wayne worked as the treasurer of the Friends of the Sheep River Library Foundation since 2012. He was instrumental in the raising of funds in many ways including writing grants and organizing Casinos. He diligently kept track of the money and reporting as required by AGLC. Without his efforts and those of the Friends in general, the library would not be able to provide the high caliber of programs offered, such as Out Loud, and to keep up with the replacement of computers and other technology. Wayne will be greatly missed by us all.

Story of Highway 22

"Back in the 1800's sometime in the Indian war days, when they were still on horseback, the Stoney tribes followed the buffalo on the prairie grass. These tribes, they were a family of 22. They traveled from Montana to Rocky Mountain House. While they traveled through the coulees, they tried to avoid the soldiers or blue coats. At the same time they traveled this area of the foothills in Alberta, a North West Mounted Police scout was looking on the high range. He saw this tribe coming with their travois. He counted many of them. He reported it must be 22 families traveling together following the buffalo.


Sometimes they traveled over night to get to the Cochrane and Morley area. They were headed to Rocky Mountain House. As they traveled, the Chief sent warriors ahead to kill the buffalo on the jumps. Sometimes it took a couple days. When they came to the

encampment the Chief sent his warriors to gather the buffalo at the jumping site. All the families followed the day after to the kill site. Families gathered together to put up their tipis near the kill site. The families would be happy, cheering. The mothers and the children gathered wood and set up their tripod to smoke the meat right away so the meat wouldn't spoil in the hot summer sun. They used the whole buffalo for food and tools and the hide for the coming winter. The bladder was used to carry water to drink from. The encampment was quite a sight to see with the Stoney families of 22. They always traveled through this area of the foothills. When leaves turned orange and yellowish colours they headed back down south and north when the snow melted. And that's how Highway 22 got its name."

Stoney Legend told by Allie Lefthand

Submitted by Longview Library

Allie is a resident of the Eden Valley Community



Cowboy Country Log Homes
 Complete Log Home Refinishing
 Log Furniture
 Custom Log Home Shells
Anthony Hodson
 B.Sc Forest Management, RPF

Po Box 102
Turner Valley AB
T0L 2A0

tel. (403) 968-8842
 Info@cowboycountryloghomes.com
 www.CowboyCountryLogHomes.com



RED DEER LAKE
MEAT PROCESSING LTD.

Located a short, pleasant drive south of Calgary, southwest of Spruce Meadows

WHOLESALE-RETAIL BEEF-PORK-LAMB- SMOKED PRODUCTS	FULL SERVICE RETAIL COUNTER	CUSTOM PROCESSING ALBERTA GOVERNMENT INSPECTED MEAT FACILITY ABATTOIR
---	--	--

SPECIALIZING IN:

- Locally produced Beef, Pork, Lamb, Chicken, & Rabbit; Free Run Jumbo Eggs; Raw Pet Food & bones;
- Full service retail counter with an excellent variety of fresh & smoked meat products.
- Wide Range of Naturally Smoked Products. Fresh & Smoked Sausage; Jerky; Old Fashion Style Hams & Bacon.
- Custom Slaughter/ Cutting of locally raised Beef, Lamb & Pork.

OPEN TO THE PUBLIC MON. TO SAT. 8 - 5. Fax: 403-256-8882

90093 226 Avenue West
Foothills, Alberta T1S 2Z2

403-256-4925

Email: rdlmeats@telus.net
Web: www.rdlmeats.ab.ca

Cheese

by Andrea Kidd



I'm aging and, I wonder, am I becoming hard, like a Parmesan cheese, constricted with stainless steel, all the moisture squeezed out till I am hard and dry, difficult to manage and crusty?

When I was young I was pliable, like a string of melting mozzarella, wavering in every wind of opinion, not able to choose but drifting with the tide and the current, a ship without an anchor.

With age comes firmness. As moisture recedes from skin pores, I see firmness in the elderly that is good. Attitudes soften and a settled peace emanates from a soul founded on truth distilled through pain and love.

I desire the gentle creaminess of Camembert, the peace of aging with understanding and humility and I desire the sharp flavour and stability of Old Cheddar, ripened in caves of reflection and quiet.

Illustration by Russ Rodman



How is Your Mind Health: Do You Have Your Own Back?

I spent a lot of my life being really critical of myself. I wasn't good enough at my job. I didn't look as good as other women. If I was skinnier my life would be different. How other moms did so much more with their kids than me. Trust me, I spent a lot of time trying, obsessing, and comparing myself to other people.

But it wasn't just that. My thoughts would just run on negative loops. You aren't good enough. You don't make enough money. Your house isn't nice enough. Your house isn't clean enough. You don't keep in touch enough. You eat too much. And these thoughts were just there. Every day. All the time. They would just loop over and over. You're always late. You don't cook healthy enough meals for your kids. You don't read enough for your kids. You didn't work out again.

Stop Beating Yourself Up: It took months of me journaling daily, to just watch my mind and how every day, saying these things to myself over and over, I was being so mean to myself. I was so brutally mean. All of the time.

So many of us get caught in this pattern and we think we are just being critical and we think we are just pointing out facts. And we feel terrible.

But these aren't facts. They are not truths. These are just sentences we say to ourselves.

For me, it was a mantra that would slowly and surly ensure that I would never do anything more than what I had been. And if anyone else showed even a bit of doubt in my ability, I would see that as proof of why I sucked, and agree with them, and believe I was terrible.

I Would Never Say These Things To a Stranger: So why was I constantly saying them to myself? I would never tell anyone that they looked fat, or that they couldn't do something. I would be encouraging. I would cheer them on and be excited they were just trying.

When I realized this, I was shocked. Here I was, a professional who had accomplished so much. I never gave up with school or business, yet I was giving up on myself every single day. I didn't have my own back.

Once I learned this, I couldn't go back. I could never go back to being that destructive to myself. So I started to be nicer to myself.

This has not been easy but it sure has been amazing for my mental health. I was down on myself for so long and I was finally learning to love and appreciate myself. I started by having compassion that I had allowed this for so many years. Then I began thinking that I was learning to be a better friend to myself. Over time this turned into "I am perfect in my imperfection." And I really can do anything that I put my mind to. I am an amazing mom, wife and friend. I am amazing in business, was a really good accountant, but now I am an even better life coach.

Just changing these thoughts changed my life. It doesn't matter what anyone says to me, or thinks of me, I know I'm great. No one gets to bring me down. Especially not me.

You can start too. Ask yourself every day for 30 days: "What is one thought in your brain would you like to never say to yourself again? What thought can you add? How can you be nicer to you?"

by Angela Wigand

FROM FALLEN TREES
fromfallentrees.com

Wade Greisinger
Wood Worker
wsgreisinger@yahoo.ca

Custom Cabinets, Finishing
& Renovations
403-809-3370

www.krugersquesthouse.com

ACCOMMODATIONS
SHORT OR LONG TERM • YEAR ROUND

Stays available in

- Rooms • Cabin • RV and Trailer
- Also one camp spot available for RV & Trailer

5 minutes to trail head parking for hiking, biking & cross country

64 Breezewood Bay, Bragg Creek • 403.949.3770

Ways To Love Your Job: Part 1

Sometimes when you're in the early stages of your career, you have to do something less than glamorous.

By sometimes I mean 'most of the time.' Very rarely do we get to start our careers by launching into our dream jobs. Even when we're lucky enough to work at our dream companies, we have to start at the bottom. You have to earn trust, gain respect, and do a lot of gruntwork to get to the top.

Even then it isn't perfect. When you've finally climbed your way to the top, you'll realize that the day-to-day work in your dream job can be boring and messy. No matter what you're doing, to be successful, you have to stay focused. It helps a lot if you enjoy what you do.

Enjoying what you do isn't some magic thing that either is or isn't. It's something you can intentionally cultivate. This list will give you a place to start.

Remember how your work is helping you grow.

No matter what you're doing, you're learning — from your bosses, your coworkers, the details of your day-to-day responsibilities, the new situations you're being thrust into, and the problems you have to solve. This learning is making you more valuable. It's setting you up for future, better opportunities. It makes you more competent in the work you're doing right now. It's making you a better person, and a better entity.

This growth is easy to lose in the shuffle of day-to-day life — forest for the trees and all that. Maintaining an awareness of it is very important.

Keep track of benchmarks.

How have you gotten better over the past month, quarter, etc.? Don't just remember that you're growing. Measure it. Remember when you were a kid and you measured your height with a pencil and a ruler on the closet doorjamb? If you were anything like I was, you did it often — how much have I grown since I measured last month? Apply that same dedication — fascination — with measurement to your work.

Tracking benchmarks from month to month helps you see the forward progress — the things that get lost in the day-to-day, but when looked at over a broader timespan, become blatantly obvious.

Start a spreadsheet, if that's valuable to you. Create a set of journal prompts to work through each month, or better yet, every weekend. When you do something

well, write it down. When you make a mistake, note it. When you figure something out, record what you learned.

Where you are right now might not feel impressive, but look at it in direct comparison to where you were three months ago. What things do you know that you didn't know then? What skills have you developed? What problems have you solved that would have daunted you before? In what concrete ways are you better at your job?

Enjoy the day-to-day process.

Enjoy the rhythm of your work. A lot of life is about settling into a flow. Even when you're working your dream job, there will be monotony — very similar types of emails to respond to again and again. Detail work that requires painstaking focus. Record keeping. Backend stuff.

When confronted with this type of work, you have two options. Option one is to resent it, wish for it to be over, get restless. You know the feeling — barely able to focus, desperate to jump out of your seat and go do something. It's not fun. Option two is to settle into the rhythm of it, and take pleasure in the process.

Enjoy paying attention to the details in an email you're sending. Instead of

getting bored and restless, think about the value the recipient is going to gain when they open the email. Think of the human connection you're building. Enjoy the rhythm of sinking into a deep focus. Enjoy the act, the craft, of paying attention to your work.

Boring tasks become pleasant when you enjoy not the task itself, but the rhythm of doing it.

This post was originally published by Praxis, a one-year startup apprenticeship program and career accelerator for young people who want more than college. We combine a 6-month bootcamp with a 6-month apprenticeship where we place you at a high-growth startup working alongside entrepreneurs while also completing our rigorous education experience, which includes one-on-one coaching, self-guided projects, skills training, and more.

Praxis gives young people a more direct path to a fulfilling professional life. We give you the experience, education, and training required for you to become successful now, not in four years. 96% of Praxis participants are fully employed upon graduation with the average starting salary of Praxis graduates being \$50k in their first year. Learn more at discoverpraxis.com

LEIGHTON ART CENTRE

Vital Lines

Interactive Outdoor Installation

Sabine Lecorre-Moore · Patricia Lortie

a point on the horizon

Emerging Artist Showcase



Opening Reception
June 15 | 2 - 4 pm

www.leightoncentre.org

282027 144 St. West, Foothills AB



15 Low Cost Tips To Improve Your Property For Sale

When preparing to sell your home, the goal is to sell it as quickly and at the highest price possible within the current market conditions, while investing as little as possible in renovations and updates. You don't need a \$150K+ renovation to sell as likely you won't necessarily get the value back anyway unless, for example, if you own an older home that requires significant work such as required electrical and mechanical systems updates.

Below are some of the lesser expensive ways to improve your look and presentation applicable to city & small town homes and country acreages alike. Even if you are not selling in the very near future, doing many of these things will help you enjoy your home and property more and also help you be more prepared for a possible future sale!

1: Refresh the Exterior: Many buyers will not venture out of their car if they do not find the exterior of a home appealing. Painting trim, pressure washing vinyl siding and windows, painting worn steps or decking and replacing damaged eavestroughs are some ways to simply improve the exterior look. Also, repair exterior siding if needed and paint any outbuildings to tie them to the home and reflect overall property care.

2: Tidy up Lawns, Fields and Landscaping: Home buyers associate the condition of your property, lawn and landscaping with the interior of your home! Keep the lawn mowed and edges tidy. Prune trees that are out of hand and blocking light to the home or taking over an entry area. Remove any dead trees or shrubs. Weed around trees and flower beds and clear walkways. Repair and stain or paint fences. There is a lot more focus these days on the outside spaces so ensure the decks & patio areas are tidy and spruce them up with some new colorful outside furnishings.

For acreages, keep your pastures and fields tidy and if you have horses periodically remove or harrow manure. Repair and

paint fences. Avoid stockpiles of dirt and debris as they become a visual distraction to your property and maybe an eyesore to your neighbours! Get rid of old vehicles or parts you do not use or place behind vegetation. Buyers often avoid properties with excessive "stuff" on them.

3: Create an Inviting Entrance: A fresh coat of paint on the door or perhaps the installation of a new modern, attractive door system, a new welcome mat and a colourful planter will make the entrance much more inviting.

4: Reduce Clutter and Furniture: A buyer cannot envision living in your home if they cannot see the house properly. Remove clutter, clean countertops, put away magazines, books and laundry, remove family/personal pictures on walls, and reduce excess furnishings in rooms that are over furnished and blocking window spaces. Buyers should be able to easily walk up to windows and look out! Give away things you do not intend to use anymore. If you haven't used something in a year or two, you will likely never use it.

5: Clean, Clean, Clean: The cleanliness of your home also influences a buyer's perception of its condition. In particular, bathrooms and kitchens must be spotless. Don't forget to tidy the garage. Men in particular want to envision themselves putting there or parking their treasured autos in an adequate space.

6: Make Minor Repairs: The small stuff does count! Without dismissing the importance of major repairs, focus on the small things: repairing faucets, drawers, installing newer cabinet handles, painting interior trim, ceilings and walls, replacing old light fixtures with brighter, modern LEDs, etc.

7: Showcase the Kitchen: The heart of the home is the kitchen. If you are going to spend any money on renovations, this area will be one of your greatest returns. Kitchen renovations typically have around a 60 to 70% value return on

investment. Some simple tips without a major investment, however, would be to update the lighting, modernize light fixtures and change hardware. Replacing counter tops and/or possibly a new sink will add a refreshing look to your kitchen. Repair and repaint cupboard doors. There are companies that will remove doors and shop paint them and re-install. Consider new flooring if badly worn. And if the appliances are old, some newer stainless steel ones give a kitchen a modern touch.

8: Stage Furniture: Furniture placement is key to enhancing a space. Create cozy corners and turn an empty space into a reading area or a computer work-station. Move out some furniture if a room is crowded. "Stage" your home or get a stager to advise on layout if you don't have a flair for that. It has been shown statistically that staged homes sell faster.

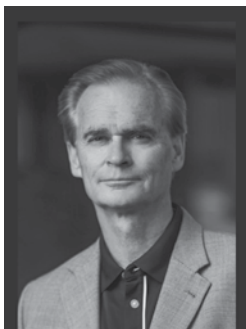
9: Light up the House: A bright house could be the "right" house! Open all window coverings when showing a property. Increase light bulb wattage for brightness, add lamps in areas that are dark. From experience this is a very important tip to implement as buyers are highly affected by darker versus bright homes.

10: Freshen up the Garage or Workshop: Make sure there is room for a vehicle! Use shelving or wall units to store items. Create a sense of space. Replace garage doors if old and sagging or quite an old style. Ensure openers are working properly.

11: Add Natural Touches: By displaying flowers, candles and fresh fruit you add colour and style.

12: De-personalize: When listing your home remove family photos and other personal items that potential buyers can't identify with. It keeps them focused on the house and not the contents.

13: Pets: Pets need to be kept under control or confined to a specific area. Pet odours need to be eliminated and



ROYAL LEPAGE
SOLUTIONS

WAYNE CHAULK
BCOMM., REALTOR®
CHAULK REAL ESTATE TEAM

Call Wayne Chaulk of The Chaulk Team to discuss your Real Estate needs whether Selling, Buying or wanting market information

THE CHAULK TEAM
A TRUSTED NAME IN REAL ESTATE

O: 403-252-5900
WAYNE@CHAULKREALESTATE.COM

C: 403-863-7920
WWW.CHAULKREALESTATE.COM

soiled areas cleaned. Not all buyers are animal lovers.

14: Backyard: If you're selling in the city or a town, buyers doing a drive by will try and look into your backyard. Include it in your curb appeal efforts. Get rid of any junk stored there and treat it like the front of your home.

15: Evening Curb Appeal: Buyers will quite often take a drive in the evening. Lighting is once again the key here. Porch lighting and exterior feature lighting enhance the property's appearance. Maybe add some garden lighting. But make sure your lighting points downward and is not too bright, particularly on acreages, so as not to interfere with night sky viewing.

For example, the MD Foothills now has a night sky bylaw which you can review to ascertain recommended and acceptable outside lighting.

There are plenty of ways to update and renovate your property without breaking the bank. The trick is to select a few key areas you can afford and implement and be creative.

Aging, Comfortably on Your Deck

Well, springtime has finally arrived in Calgary!

All this beautiful weather has people spending more time outside, especially on their decks, getting their furniture out of the shed, cleaning from the long winter and getting pots planted with flowers and veggies! Springtime is also a great time to think about deck safety so that you can enjoy the summer, safe and comfortable on your deck.

The first thing I repaired on my deck were the loose boards and popped nails or sticking out screws. Ensuring that all decking is securely fastened and even (flat) is extremely important to prevent any tripping hazards or areas where I could lose my balance because the boards under-foot are moving.

Once the decking was all even and secured, I went around the perimeter of my deck testing the railing to see if it was still stable and strong. A few of my posts were shaky so I checked to see if they were rotten, in need of replacing, or if I could just secure them better to the deck, therefore making them sturdy.

Once all the decking and railings were safe, I then turned my attention to the stairs. Stairs can be challenging to maneuver at the best of times, not to

mention when I, my parents, and in-laws are tired after working hard in our garden or if our hands are full of garden tools! I made certain that the stairs were cleared of pots and other items and that I had a clear path to the bottom. I also ensured the landing was cleared of tufts of grass, dandelions growing through the cracks and anything else that I could trip on.



The final step in making my deck safe was to apply anti-slip grip tapes to the edges of the steps, and any other areas where the elevation changes; same for step surfaces to increase friction and lessen the chance of slipping, especially when wet.

When selecting furniture for your deck, don't just focus on style and colour – it needs to be functional, too. Make certain the chairs are very stable and you can easily get in and out of them. They should have arm rests that you can lean on so you can support yourself if your

legs are tired. The table should also be very sturdy in case you need to lean on it for a moment if you need to find your balance after resting in the seat for a while. Here is an interesting video for how to get up from the floor (after a fall) - MacGyver style! www.youtube.com/watch?v=4ETgQD8QhZs

We all love to grow flowers in pots on our decks making our outdoor spaces bright and fresh. A few words of caution about watering them. Keep the hose coiled up safely out of the way when you are not using it. Leaving it on the deck only creates a tripping hazard. Also, be very



careful after you finish watering as the wet deck can be extremely slippery. If you are going to have plants on your deck you may want to coat your deck with

one of the many anti-slip products on the market today. You can brush or roll them on like a stain or paint or you can use anti-slip tapes or even add grit or fine sand to the stain or paint that you already have.

I hope you can see how a few small considerations can make a big difference to your safety this summer!

By Carla Berezowski,
Certified Aging in Place Specialist (CAPS)

Wildfire Smoke and Dust are Here. Assure Your Indoor Comfort & Safety !



Is the Weather Wreaking Havoc on How You Feel ?!



AIR QUALITY



COOLING



ACCESSIBILITY
RENOVATIONS

Breathe Easy. Feel Better. Be Well !

Call now !

403.230.2690

Experts@AlbertaIndoorComfort.com

Women & Girls With ADHD

by Roché Herbst, M. A. R. Psych.



Is Female ADHD Under-Diagnosed?

First of all, ADHD is not gender biased. Symptoms can be seen in girls and boys, where most kids never outgrow it. Many women grow up assuming that ADHD is a diagnosis for hyper little boys or a "male disorder". In other words, men and women are equally likely to have ADHD symptoms. Girls tend to develop ADHD later than boys and have more emotional turmoil as a result of their symptoms. These are some of the reasons why so many women go undiagnosed (misdiagnosed).

What Is ADHD Like In Girls?

Parents and children often miss the warning signs. The pressure to perform means that many girls internalize their symptoms and then end up with depression, anxiety, perfectionism, a sleep or eating disorder. They typically have fewer friends, mostly daydream, have trouble following instructions, and make careless mistakes on homework and tests. During puberty some girls may experience an increase in PMS severity, promiscuity, a greater risk of cigarette smoking (as early as age 11), alcohol and drug abuse, and unhealthy relationships due to low self-esteem or self-loathing.

What Are The Symptoms That Sabotage Adult Women?

Inattentive (ADD) presentation and disorganization are more common. A person constantly ends up feeling overwhelmed and frantic about coping with day-to-day basic things. Do you impulse buy, wonder what to cook (again), forgot the washing in the machine or cookies for school, struggle to prioritize, overcommit, feel embarrassed to invite people over because the house is a mess? Relationship difficulties may include: marital difficulties, sexual issues, sexually transmitted diseases, unplanned pregnancies or parenting issues. Each case needs to be diagnosed individually based on their situation and risk factors.

Examples Of Successful Women With ADHD

"Of course you don't have ADHD. You're smart." Even if you have a high IQ, work

very hard or have a lot of support, you can keep your symptoms in check for long enough to get to college, or not. Women everywhere are using their ADHD to do amazing things and become successful. They are caring, sensitive, never boring, see things differently, try out new things, are innovative entrepreneurs, creative artists, athletes, trailblazers, comedians or astronauts. Some examples are Avril Lavigne, Agatha Christie and Karina Smirnoff, and the list goes on. We have a long way to go in addressing the stigma and misunderstanding that surrounds this diagnosis. What is important to remember is that while we increase awareness, you can get support and strategies to move forward in a healthy and positive way.

Myth: Kids grow out of it.

Fact: Although previously considered only a childhood disorder, up to 80% of children with ADHD continue to show symptoms into adolescence. Symptoms may include being easily distracted, losing things constantly, and difficulties with sustaining attention, following instructions, staying on task, or controlling anger.

Sources:

Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do (Nadeau, Littman & Quinn, 2015)

The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

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

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

(403) 510-9984 or info@wehcs.com



STOP GETTING SOAKED BY YOUR PLUMBER!

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

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

HERE'S HOW YOU WIN!

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

**YOUR NEXT PLUMBING REPAIR WILL
BE PRICED RIGHT AND DONE RIGHT.
CALL 403-660-1122 OR VISIT
WWW.PRICE-RITEPLUMBING.COM**

**PRICE-RITE
PLUMBING**



Will I Be Able To Buy/Refinance A Property If I Owe Income Taxes?

Now that we've finished the 2018 income tax filing period we can breath a sigh of relief and be thankful the dreaded task is over with.

Filing and paying your income taxes is an important part of your financial well being. Keeping up to date on your taxes demonstrates your financial stability. But what you really might want to know is this: *if the Canada Revenue Agency hasn't been receiving my tax contributions, will I be able to buy/refinance a property if I owe income taxes?*

If you're an employee, your employer will deduct a percentage from each pay in accordance with how much you make and submit to CRA on your behalf. Before the end of February, you should be given a T4 slip, which you'll then use to file your taxes. Even though your taxes are deducted automatically, you still need to file your T1 General once per year, before the deadline of April 30th, to reconcile the amount you've paid verses the amount you owe.

However, if you're self-employed, you won't have a T4 slip to submit. This is where some people make the mistake of not filing their taxes or under-reporting the amount they've made.

Eventually CRA will become aware of the income you're made and you will be expected to pay taxes on it. If you do not, you may incur hefty fines or worse. The good news is, there may be expenses you can use as tax deductions to receive a better tax refund. CRA guidelines dictate that business expenses must be reasonable and for more information on the business expenses you can deduct, visit the CRA website.

By law, you are required to pay taxes on all income you generate. Mortgage lenders are very aware of this fact and are mandated to verify your income and tax arrear situation during the course of business. In fact, federal OSFI B20/21 legislation demands that they do "financial institutions should obtain third-party proof of income (e.g., Notice of Assessment and T1 General) and relevant business documentation." OSFI added the "T1 General" requirement and is now explicitly equating self-employed income validation procedures with non-self-

employee procedures.

Will owing taxes affect my ability to get a mortgage?

Yes. Debt managed properly is excellent for your overall credit health. However, like any other debt that is mismanaged, unpaid taxes will burden you. Not only will being late on your taxes result in penalties and interest fees, it may show negatively on your credit bureau as a collection, but not paying them entirely for years at a time will cost you fines or even worse.

What are the consequences if I don't file and pay my taxes?

It may be considered "tax evasion." The CRA can take precedence over any other form of debt, your mortgage included. If you already have a mortgage on a house, no matter how much you owe your lender, the CRA gets paid first. They may put a lien on your house, make you sell it, then give them whatever proceeds you make. They can seek wage garnishment, even seize your other assets, like your house, other properties, car, etc until you've paid them back in full. They may sell your account to a collection agency, damaging your credit and making it harder for you to get any loan in the future. I often see CRA listed in the collection area of a credit bureau for tax arrears, they can be quite aggressive in this regard.

Oh no, what if I am in this situation?

It's understandable that a lot of lenders may not want to approve you for a mortgage. Banks and other accredited financial institutions, have far stricter borrowing guidelines than non-bank or private lenders. If they see that you owe taxes you cannot repay, your application is a tough sell.

However, if you work with a knowledgeable mortgage broker, they can access alternative and private lenders who may approve you even if you've had debt problems in the past or a low credit score.

But, if there are any concerns regarding your ability to pay them back, the less any lender, private or otherwise, will let you borrow from them.

If I pay the taxes I owe, can I be approved for a new mortgage?


Yes. If you owe a little bit in taxes but intend to pay them promptly, you'll have no problem acquiring a mortgage. This issue can be mitigated. However, if you owe a lot in taxes, even if you're in the midst of paying them back, it may be difficult to get approved for a mortgage from prime lenders (ie banks).

Should I refinance my property to pay taxes?


Yes, most definitely (if you don't have the means otherwise). If you do not have a mortgage, or have the equity to allow a refinanced or second mortgage, consider accessing your equity to pay your tax debt in full. Once you're back on track, you'll have no problem getting approved for the final mortgage you want. OAC.

While on the topic of CRA, did you know that they are currently in the process of asking Canadians to rate their performance and service? You can also provide your personal story and complaints. www.cra-engage-arc.ca/en. Choose "Participate now!" and then "Serving Canadians Better".


Get a local
Point of View



Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.

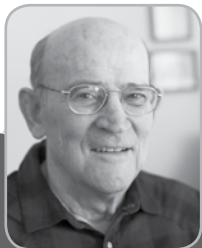


Candace Perko,
Mortgage Broker
Tel: 403.949.4129
Box 1271 Bragg Creek, AB
cperko@countrysidedefinancial.ca
www.countrysidedefinancial.ca



Life with Sergeant Major Clock: Part 3

by Duane Harder



The plan? Conclude our series with an outline of the essential steps in planning. As someone has said, “If we fail to plan, we plan to fail.”

First, let me highlight the essence of the last article. 1) *We trade time for the things we value most.* There are three time filters that help us separate the diamonds from the rhinestones: the goodness filter, the responsibility filter, and the truth filter. 2) *We need to allow past performance and achievement to bring perspective into the present.* The past roots us in reality and helps shape the prospects of the future.

The biggest problem people have with planning is that they don’t do it. “administrivia” creeps into your work and the trap of activity relegates planning to the trash. We need to be convinced that planning is to our success what sharpening the ax was to the woodsman.

Step One: Analyse the present — Where am I now? This requires an honest evaluation of my worldview. Those who study the brain tell us that pessimism and negativity reduce creativity, hinder sequential thinking, and distort our logic. As one man said, “The pessimist may be right, but the optimist has more fun on the journey.”

The following four areas have a significant impact on our steps of action in planning.

- **Lack of purpose.** What is it that you want written on your tombstone? You were a billionaire? You established a world record in the ultra-marathon? You made it into the “who’s who” of Canada? Life without purpose is like a ship without a rudder. Without purpose, planning can be an exercise in futility.

- **The desire to escape.** This is often tied to “I deserve a break!” We need periods of rest and recreation. However, those need to be part of our planning process not just random events.

- **Self as the primary benefactor.** When self is at the center of the universe, we evaluate life on the basis of how

it will benefit me. This puts us in competition with others, not a place of complementation where shared resource brings benefit to all.

- **Envy and jealousy.** These have been described as the jaundiced eye of the soul. We believe we have the right to what others have without the investment of time and resource to obtain it.

Something I have found helpful in the analysis of the present is learning how to turn problems into projects. You write out your goal and then put down the major hindrance to that goal. Now, what step of action can be taken to overcome the new hindrance? What new hindrance would block the new goal? Again, what step of action could be taken to overcome that hindrance? You work through the exercise until all the possible hindrances have been countered with a step of action. Now you start with the last step of action you wrote down and work your way through the process until you have achieved your original goal.

Step Two: develop relevant assumptions — What conditions exist that will affect the plan?

A few years ago I wrote a book. In the editing process I was asked the question, “Duane, who are you targeting?” In other words, “Don’t expect a ‘best seller’ if your material only has appeal to a limited readership.” A great product must be directed to the right market at the right time.

Developing relevant assumptions involves consultation, collaboration and constructive criticism. Involve others in the planning process knowing that in a multitude of counselors there is wisdom.

Step Three: look at alternatives — Be willing to think outside the box. Don’t throw away ideas just because you think they won’t work. In 1914 Paul Getty purchased land in Oklahoma that he knew was on a large reservoir of oil. The problem—he only had a four foot right of way leading into the property. Adjacent property owners

were not willing to negotiate a deal. He met with some trusted friends for a brainstorming session. The result: a miniature railway that would transport the necessary downsized equipment to the site. The plan

worked and launched him into a very successful career.

Step Four: Allow past performance and achievement to bring perspective into the present — The past roots us in reality and gives us a basis for realistic expectation in the future. That sounds good but what do I do with my failure? You don’t allow it to define you, but it can become the teacher you need to succeed. Furthermore, each of us have many areas of success — exams we have passed, projects successfully completed, friendships that have stood the test of time, people who have benefited from our contribution, and the list goes on. I don’t know of anyone who has never succeeded in anything. Learn from your failure, honour those whose investment in your life has enabled your success, and remember Wayne Gretzky’s famous saying, “You’ll never score a goal with the shot you don’t take.”

Step Five: establish a start date that has the finish line in site — Our son challenged me to run a marathon. I had been running for years but had never considered anything beyond my few miles a day. Reluctantly, I said yes. We chose our marathon and then planned out a training schedule. Everything was being geared for the finish line of the marathon. Careful planning helped maximize training in spite of a heavy travel schedule. Crossing the finish line with my wife, Lowell, and his wife waiting to greet me was a great joy.

That marathon was a life parable. I embrace the rigors of a disciplined lifestyle, set my goals, invest in the betterment of people, desire to bring excellence to my sphere of responsibility, and remain faithful to my wife and family because I look forward to crossing the finish line and hearing, “Well done good and faithful servant.” And as for my tombstone, I’d like it to read, “He died climbing!”

TOOL TIME HANDYMAN & CONSTRUCTION SERVICES

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

Al MacDonald
403-949-2349

PROVEN QUALITY WORKMANSHIP,
HONESTY & RELIABILITY

Out of the Rut Chapter 105



As I was purging my way through almost 10,000 emails this week, deleting with gay abandon and with not a little irritation at the slowness of the process, I came across a rather interesting message from June 2013 and thought I might share some of it with you:

"Travelling Kat update - from a submerged Bragg Creek.

I send this from a car in Bragg Creek - most of the area I wanted to get to is submerged under several inches of water... but I'm close enough to get an internet connection! So here we go:

This morning, I awoke beneath my own roof in Canada. I woke early and tossed and turned seeking sleep, eventually falling into that deep, vivid dream-state that often finds us at these times... missing my dog here in this old familiar place, she came in my dreams and we cuddled together as we used to do, curled around each other in a heap on the floor... until I awoke and lay in wistful silence for a while. The rain skittering across the steel roof creates a familiar overture for the day and I step outside onto the south-facing silvered wooden deck to stand naked in the rain, arms spread and face lifted to the sky. It is a soft rain... steadily soaking everything, provoking the uniquely southern Alberta burst of greenery. I walk across the grass and dandelions feeling the leaves wrap themselves around my ankles, prepared to pay the toll to the mosquitoes that this small excursion into nature exacts from me.

In a few days' time this house will be inhabited by new people and I will be a nomad once again. Sitting here writing at my table in my own living room with the shadows of familiar plants against the walls, the round curve and comforting glow of lamps against the red logs, it's hard to fathom that I've been away so long. I anticipated perhaps some difficulty with this returning, but it is as natural as slipping my hand in yours.

Rain is now pounding down, pouring in torrents from the ends of the guttering. Lightning and thunder are rolling overhead, around the house, between the tall spruce. The poplar trees are dancing and shimmering as the rain beats the topmost leaves into a

weaving shimmering cadence. Trees on the far hill have become gray ghosts. There are tornado warnings for areas north-east of here.

It was brilliantly sunny when I arrived, flying over lush green landscapes, coming home, following the spiral that twists me back into the Alberta foothills on an irregular basis. "

Ironically, the massive flooding that submerged half of the southern part of Alberta failed to even pour a moat around my house which is what happened a couple of years previously when we had flooding in our area. Now we're six years on and Bragg Creek no longer looks like the war zone it did for several years after. Nature has peeled back some layers, it's true, but she's spring-cleaned very effectively, done a bit of harsh pruning and everything is growing up and out and onward.

I'm bouncing around the area discovering new people and places, as I do. I have been entertaining a few too many close encounters with coyotes – although some of the locals swear they have been hearing wolves, so they could be wolves. Ghosts in the woods they are. Even three fair-sized dogs presented little deterrent for them ... seeing a grey coyote-wolf just materialize in the midst of a bunch of dogs & watch as instantly, faster than a blink in fact, all four vapourize into the trees at top speed is pretty nerve-wracking. We are now practicing three-in-hand dog-walking and reorganizing our routes for a while.

Other fabulous things less intimidating included a brilliant seminar with the esteemed Dr Steven



Aung from Edmonton. He was lecturing at the Canadian Institute of Traditional Chinese Medicine, I was fortunate enough to get a space along with all the students on the four-year course and sat at the front of the room, hanging on his every word. In fact, hanging on his words is rather a given as he's getting on in years and it's quite difficult to discern exactly what he's saying at times. What was not

difficult to discern was his absolute control of his own energetic body. We watched him move Qi (Chi – energy) through his body into that of another without physical contact. A young woman had suffered a severe concussion two years previously and was still experiencing problems with her eyes and head. Dr Aung moved her body in different directions and changed the shape and size of her pupils in an energetic healing that had him place his hands no closer than two inches to her head or back. He did not actually touch her at any point in the process and most of the time she sat with her eyes closed. Quite dramatic stuff.

When we practiced on each other, returning to some of the energetics I haven't focused on in quite a while, I was delighted to find that I haven't lost my touch as they say. It was a thoroughly inspiring session and the acupuncture graduates from this institute are highly regarded. I had a treatment with some fourth-year students a few days later and was impressed. I've had a lot of acupuncture from different types of professionals in different countries and I came away from this session feeling relaxed and refreshed by the whole experience.

The green depths are deepening around us, the poplar trees are about to go crazy and fluff all over the place. I've been buzzed by hummingbirds glittering red and green, and wowed by moose trailing winter coats half-shucked from their great shoulders. The robins are racing each other across the grass in upward-pointed gold-beaked strutting fashion that makes me laugh. I saw a giant mosquito on April 8 and only two more since then ... oooh, not looking forward to their comeback.

However. It is as it is.

Isn't it?

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

SMALL ENGINE SOLUTIONS Professional Small Engine Repair

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

Serving Bragg Creek • Priddis • Springbank • Elbow Valley

For Pickup Call

Phone 403.949.3110 • Cell 403.991.3920



CLASSIFIEDS

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

SERVICES OFFERED

FIRESMART & ACREAGE CLEAN-UP. Since 1986 we have supported adults with developmental disabilities in a wide variety of activities. Part of what we do includes contracted community projects and we are available for dead fall removal, wood-chipping, wood-splitting, etc. For a quote or more info please contact Falk or Mark at our Main Office 403.278.8774, VenturersWest@shaw.ca or www.venturers.ca.

JIMMY J's TOWING - PRIDDIS

Cash for scrap vehicles
Farm & acreage clean-ups
403.891.3994/403.760.5797

COMMERCIAL & RESIDENTIAL CLEANING & DETAILING. Call Wanda at 403.238.1191.

REAL ESTATE

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

FOR SALE

FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462

SERVICES

Quantum Energy Healing Sessions
Energy Healing is a form of healing that influences, restores or balances the flow of energy in the body. The energy is channeled through the practitioner to the client, helping remove energy deficiencies and blockages, which then activates the body's own natural ability to heal itself. It is an incredible method for reducing pain, realigning structure, balancing organs and systems, reducing muscle aches, healing various injuries, and so much more. \$120, contact Deana Charles, deanacharlesqh@yahoo.com, 403.836.8440.

WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. Call, text or email. Contact Al, awionzek6@sasktel.net, 306.641.444

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

WANTED

We're happily married couple and are very new in Bragg Creek. We need a devoted worker, male or female, for general cleaning of our 3 bdrm apartment and occasionally run an errand for us within. Cleaning will be done 2 days/week for 10hrs weekly. Wages: \$250/week. For more details kindly submit your resume to: Mrs Aisha Collins, aishacollins@gmail.com.

GARAGE SALES

GARAGE SALE - June 15 & 16 from 10am to 4 pm at 236 WILLOW RIDGE MANOR, Black Diamond. Collectables, Tools, Art and Treasures from A to Z

PERSONAL

WIDOWS IN CONVERSATION
SHIFTING GEARS/ CONNECTING
403-933-2829

REAL ESTATE

2 bdrm cabin for rent west of Millarville in exchange for monitoring and acreage work. Contact Allen Hagerman, 403.931.7550, allenhagerman@gmail.com. 800 sq. ft. cabin with 2 bdrms, 3 pc bath, kitchen/eating area and living space. Consider trading rent for work around acreage, checking cat and horses, monitoring house when away. Ideal for young couple, or single mature individual. Utilities including gas, internet, sat tv to be shared.

House for Rent in Elbow Valley. Perfect for family. Bungalow with finished basement & walk-out. 1200 sq ft. 3 bdrm, 2.5 bath, 2 car attached garage. Pet friendly. Very quiet and safe. Furnished or unfurnished. Long term lease at \$2800/mo. Please call me at 403.689.0434.

Living space on acreage for rent in West Bragg Creek. Stand alone unit incl. stove, fridge, woodstove, washer/dryer combo. Free satellite TV, utilities incl. Best for couple and no pets please. \$1250/month. Contact Bonnie or Brian 403.809.8949/403.949.3573.

FOR SALE

FREE: Large chest freezer, 28"x64"x36" high. Would make great medical or feed storage, BEAR proof & lockable. Also 3 treated poles 10 foot x 8 inch. Call Jim 403-949-2757

50 gallon 40,000 BTU propane water heater. \$600. Please call 403.933.3717 for more info.

2009 Ford Ranger Sport, blue, xtra cab, short box, 4 wheel drive, 154,000km, one owner, well maintained, one owner, \$10,000. Call Kathy at 403.242.8410

FOR SALE

Sturdy cedar ten foot bicycle rack built of 2x4s with room for six bikes. \$20. Call Jill at 403.931.3420 or fryjill@telus.net

Rubber Raft with Paddles. 10'x12', excellent condition, ideal for small lake. \$100. AND Children's Wooden Yard Play Set. 8' climbing tower with slide, 2 swings, monkey bar rings, \$100. You dismantle, we will deliver. 403.949.5510

Car hauling trailer, DOT approved to drive in Canada/US, \$2,000 worth of work done, can provide invoice. Totally upgraded for safety and reliability. Has spare tire, ramps to load/unload, side posts for enclosing the sides. Complete wheel bearing pack redone as well as breakaway kit. \$3,900. For more info, please call Vera at 403.949.3770.

Natural Gas Barbecue \$25. Grain Storage Bin with Attached Hand Auger, holds 40 bushels \$100. Antique Farm Implements/Ornaments for Lawn \$50-\$100. Crimper for a Versatile 400 Swather \$125. Barn Boards 5 cents/board ft. Heavy Duty Wine Corker \$8. Assorted sizes of bed frames \$3/ea. 2 double sinks \$2/ea. 2 UV Window Screens, framed & effective (35.25 x 79.25") \$15. Sliding Screen Door (77.5 x 35.25") \$5. Girls 10 speed bike, Nashika \$25. Wild Oats Separator & Grain Cleaner \$100. 60 New Cultured Stone Floor Tiles 1 sq. ft. ea. (12x12") beige, looks like stone \$50. Portable Water Tank, 300 gal. \$200. Call 403.931.2201 or darlene@coyowranch.ca

36" TV toshiba and custom stand. Two Michelin tires For Sale 205 65R 15. Insulation: 3/4 Bundle of R12 for sale NEW \$67. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.851.0562

BABY/HOUSE/PET SITTING

Mature Responsible Babysitter: I am fun, truly love kids and have successfully completed my Canada Safety Council Babysitters Certificate Program. I also have lots of references and can drive to/from you for cost of fuel. Please contact Aimee: Text 403-618-7744 or call 403-949-7741

House/Pet/Plant sitter available. References available. Please contact Aimee at 403-949-7741 or text 403-618-7744 for rates and availability.

Looking for fun, safe, active childcare for your little ones? Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure our time together is fun and active! I can provide references and have completed the Red Cross Babysitter's Course. Mackaela Archambault, 403.949.8422.

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:

\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

Information contained herein, while not guaranteed, is thought to be correct

BRAGG CREEK DENTAL

MICHAEL D. CLANCY, D.M.D.

Our patients are our most important asset.

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

We welcome patients of all ages into our family practice.

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

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

Call or email our office today to schedule a visit.



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

403-949-2288 • Fax 403-949-2295

bcdental@telus.net • www.braggcreekdental.ca

We direct bill to most insurance companies (some conditions apply)

We follow the new 2018 Alberta fee guide

RESIDENTIAL & COMMERCIAL EXCAVATION SERVICES

Full Service Excavation • Septic Design & Build

Trucking of Gravel, Rock, Fill & Loam

Trenching • Large Scale Landscape Work

Road Building & Acreage Development

LT EARTH SERVICES LTD.

403.478.0050

*Professionally Trained • WCB
Full Commercial & Liability Insurance*



BUSINESS DIRECTORY

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

ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER, SCULPTOR 403.990.1266

ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast 403.949.3951

HEART WEST HAVEN 403.651.3459

KRUGER'S GUEST HOUSE ACCOMMODATIONS 403.949.3770

ACCOUNTANTS

WILSON PLUMER CHARTERED ACCOUNTANTS 403.949.4947

ACREAGE SERVICES

GRASSLAND ACREAGE SERVICES grasslandacres@gmail.com 403.852.7131

ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK 403.949.2650

ARBOUR CARE & TREE REMOVAL

DRAGONLAND TREE & EXCAVATING, dragonlandexcavating@gmail.com 403.466.3132

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

SPRINGBANK CUSTOM SOLUTIONS, springbankcustomsolutions.ca 403.612.0654

TREEWORX TREE CARE, www.treeworxpro.com 403.554.2370

BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS 403.466.2204

HEIDI'S BLIND NOOK 403.651.3459

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.246.1482

BUSINESS COMPUTERS, NETWORKS & PHONES

OKOTOKS COMPUTERS 403.478.6382

CHILD & DAY CARE

COUNTRY KIDZ CHILD CARE 403.809.3546

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE FASHION BOUTIQUE 403.949.4264

TAMMY E JEWELRY, www.tammyejewelry.com 403.818.2932

CONSTRUCTION, CONTRACTING & EXCAVATION

BRAGG CREEK EXCAVATING 403.949.2756 / 403.620.0250

CASTLE CREEK HOMES LTD. 403.949.3233

CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842

ELBOW RIVER EXCAVATING & LANDSCAPING 403.949.3227 / 403.899.4886

INSPIRATION RENOVATIONS 403.510.6222

LT EARTH SERVICES - EXCAVATION & TRUCKING 403.478.0050

SIONI CUSTOM HOMES LTD., sionihomes.com 403.815.8605

TOOL TIME Handyman & Construction Services 403.949.2349

WOOLRICH GROUP - woolrichgroup.com 403.851.0076

COUNSELLING

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

BRAGG CREEK - ROCHE HERBST, R. PSYC. 403.510.9984

PRIDDIS - ERICA BERNARD, MSW, RSW 403.874.0176

CRUISE & VACATION SERVICES

CRUISE & VACATION CONSULTANT, LEA ANDERSON 403.717.9223 / 403.837.0577

DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com 403.276.7918

DENTAL CARE

BRAGG CREEK DENTAL CLINIC 403.949.2288

EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403.949.3939

ELECTRICAL SERVICES

ARMSTRONG ELECTRICAL 403.932.9289

CLEAR SKY ELECTRIC clearskyelectric@gmail.com 587.225.4294

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com 403.803.7102

FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE 403.949.2457

FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL 403.933.4368

FINANCIAL & INSURANCE SERVICES

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403.949.2599

ATB FINANCIAL - BRAGG CREEK AGENCY 403.949.3513

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES 403.949.3250

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

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL 403.949.4129

FIREWOOD

FIREWOOD TIM (PINE & BIRCH) 403.333.8462

FURNACE & DUCT CLEANING

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

HAIR & BEAUTY

HAIR STYLIST - PEGGY'S AT PRIDDIS 403.686.1095 / 403.931.3142

HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC 403.949.3953

BRAGG CREEK PHYSIOTHERAPY 403.949.4008

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY 403.829.1148

MASSAGE - SYLVIE LAPPA 403.828.5408

MEDISPA - COQUINE FOREVER by Julie, coquineforever.com 403.370.6948

HOUSE CLEANING

IMMACULATE ADVANTAGE, NAOMI NADEAU, blessingjoy@hotmail.com 403.618.2605

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

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

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

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

LEGAL

LINDA ANDERSON LAW OFFICE 403.243.6400 / 403.949.4248

MAVERICK LAW 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca 403.554.8535

ZHIVOV LAW, Personal Injury Law, zhivovlaw.ca 403.770.4939, x103

MECHANIC

MHM HEAVY DUTY MECHANIC LTD., mobilehdmechanic@gmail.com 403.700.7580

NEWS & ADVERTISING

HIGH COUNTRY NEWS 403.949.3526

PAINTERS

BJ'S PAINTING 403.949.3443

PAVING

LAMBERT BROS. PAVING 403.287.3252

PEST CONTROL

JAPCO PEST CONTROL LTD. 403.242.2467

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING 403.949.2963

CACHAKATCAN NEW HEALTH & LIFE CATTERY & BOARDING 403.949.2385

CREEK'S K9 CLIPS & PET SUPPLIES 403.949.3355

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

SMILING PUP CANINE BEHAVIOUR CONSULTING, smilingpup.ca 403.949.2385

PLUMBING & HEATING

ALLANS PLUMBING AND HEATING 403.888.5200

BRAGG CREEK PLUMBING & HEATING LTD. 403.931.0486

BRICO PLUMBING INC. 403.998.5580

DESIGN CONTRACTORS INC shawnh2@telus.net 403.560.6542

PROFESSIONAL SERVICES

OKOTOKSCOMPUTERS, Business Computers, Networks & Phones 403.478.6382

PRIDDIS BUSINESS CONNECTION INC. 403.931.7191

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

REAL ESTATE & PROPERTY MANAGEMENT

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

DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek 403.612.7849

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

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

ROYAL LEPAGE FOOTHILLS - KEN ZACHARIAS 403.607.7256

SHARON BAYER, REAL ESTATE PROFESSIONALS INC. 403.554.8978

SUTTON GROUP CANWEST - WILLIE PREBUSHEWSKY 403.660.3767

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

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com 403.252.5900

RESTAURANT

BAVARIAN INN, Bragg Creek 403.949.3611

CREEKERS BISTRO, Bragg Creek 403.949.3361

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

JANE'S CAFE, COFFEE SHOP, Priddis 403.931.0155

POWDERHORN SALOON, Bragg Creek 403.949.3946

WATER'S EDGE PUB, Priddis 403.931.0155

RETAIL

BRAGG CREEK FAMILY FOODS 403.949.3747

BRAGG CREEK TRADING POST 403.949.3737

MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DAZA ROOFING dazareroofing.com 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. 403.264.7844

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

MASTER CONSTRUCTION INC, mastercalgary.com 403.554.2715

SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES 403.288.9500

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

ACREAGE DEVELOPMENT SOLUTIONS LTD. 403.815.0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com 403.804.5551

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT 403.809.8949 / 403.949.3573

LT EARTH SERVICES - EXCAVATION & TRUCKING 403.478.0050

ROSS TRUCKING 403.651.9428

TOWING

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

WATER HAULING

BIG DRIPPER WATER HAULING INC. 403.851.1003

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

WATER WELLS

AQUA MULE Water Well Systems & Services 403.992.2931

WEBSITE SERVICES

OKOTOKSCOMPUTERS 403.478.6382