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Why a Simple Pint Still Matters

Alberta has a way of bringing you back to what matters.

A snowfall that slows the highways. A Chinook that sweeps in and changes the air overnight. Long summer evenings where the light lingers over prairie fields, mountain ridgelines, and small-town streets. Life here moves with the seasons — steady, grounded, and shaped by the landscape.

Somewhere between long shifts and weekend plans, there's a simple tradition that doesn't need reinventing: gathering around a table and sharing a pint.



In a world that constantly pushes for louder, faster, newer, there's something quietly powerful about keeping things simple and traditional. A beer doesn't need to be overcomplicated or trend-driven to earn its place. More often, it's balance that resonates — something familiar, thoughtfully brewed, and easy to return to.

A blonde ale that's clean and smooth. A dark ale that's rich without being heavy. A pilsner that's crisp, refreshing, and perfect after a day outdoors. Styles rooted in tradition, crafted with intention, and poured with consistency you can taste.

In an industry built around what's next, there's real value in what endures. Quality ingredients. Careful fermentation. Consistency that builds trust one pour at a time. The kind of beer you reach for because you know exactly what you're getting — and it's always right.

Across Alberta, substance tends to matter more than spectacle. People can spot the difference between something made for attention and something made



with care. They support the places and products that feel authentic — not because they're chasing trends, but because they're real.

At the end of the day, a simple pint doesn't have to define the moment. It just has to belong in it — across a table, after a long day, or during a snowfall that reminds everyone to slow down.

Because in Alberta, tradition isn't a trend — it's what we keep coming back to, season after season.

From our family to yours, here's to the pints that feel like home. Cheers to the West!

**Written By: Chloe Traviss,
Head of Sales and Marketing,
Cowboy Trail Brewery**

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LETTER FROM THE EDITOR

This past month has felt more like spring than winter. But at the time of writing, I'm being reminded that winter is still here. Our front cover captures one of spring's earliest flowers; the prairie crocus. Although it typically blooms in April, I thought that giving it front page exposure this early season bloomer may paint our foothills in March!

Their bloom signifies that winter is transitioning to spring. Although winter weather can remain present well into the spring months, we need to remember that it isn't permanent.

Like the prairie crocus, signs of spring can be small, hidden, and often overlooked. Too often we can remain in a "winter mindset" that hinders us from taking advantage of the opportunities that the season of spring provides.

The physical seasons are much more obvious than those of a personal nature. Recognizing the bloom of something new in our lives can be challenging. It can be hidden by past failures and hurts. We may even see it, but the fear of the unknown

causes us to get our eye on the snowstorm rather than the new life that needs to be nourished.

The prairie crocus is a tough plant; it's able to withstand the volatility of prairie weather. Yet it still blooms and flourishes regardless of the natural onslaught. We can view the external circumstances in our life as a sign to give up or change course. Alternatively, we may need to embrace the hardships and set our resolve to keep stepping forward. To have confidence that spring is on its way, to plant the seeds, and expect the harvest.

I encourage you to take part in the many activities and community events throughout the area. You can see many of them throughout the paper but also listed on the High Country News Community Calendar.

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

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE


Deanna's art celebrates the wisdom of the wild spaces as she explores the Eastern Slopes and the surrounding Foothills area of Southern Alberta. She is inspired by these spaces, which are far from untidy, as every stone and twig is in its place. The cycle of life is often observed in her work. In the realistic, authentic landscapes she paints, she speaks to the wisdom of the wild spaces which symbolize our resilience, rebirth, growth, awakening, vulnerability, and strengths. The Prairie Crocus personifies hope and resilience. Even during the dark, cold days of winter, these wildflowers lie in wait, hope buried in the hillsides and prairies, until the Spring, when they rise gracefully from the once-frozen earth, equally fierce and elegant. For in the bleakest of times, embrace your resilience as hope persists. Spring Splendour 12" x 9" Acrylic on Canvas www.DeannaLavoie.com ©Deanna Lavoie

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



HIGH COUNTRY LIFE


BY MARK ADMAKI.CA



Bragg Creek and Greater Area Historical Society
Presents

“Lessons From the Boom: What the First Turner Valley Tells Us About Alberta Today”

With Dr. Paul Chastko Associate Professor of
History at the University of Calgary & author of
“The Boom: Oil, Popular Culture and Politics in
Alberta, 1912-1924”



Snowbirds Chalet, 19 Balsam Ave. Bragg Creek
2:00 pm Sunday, March 29th 2026
Admission by donation Refreshments served RSVP at braggcreekhs@gmail.com



Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33 and you can find us online at www.springbankheritageclub.com.

Jubilations Theatre – “Let it Be Beatles”

On January 28th, 32 members and friends were treated to a nostalgic trip through the 1960s with the “Let it Be Beatles” show and dinner at Jubilations Theatre. I suspect the 1960s were a coming-of-age time for many of us!

As is typical with this crowd, food is a big draw, and we weren't disappointed with the delicious 3-course meal that was served at our tables. Some of the menu items included a Let It Be Greens starter, Penny Lane roasted chicken and All You Need is Prime slow roasted prime rib. The drink menu was enticing with cocktails such as Twist and Shout, Strawberry Field Forever and Drive My Car.

We were entertained with Beatle's classics such as Penny Lane, All You Need is Love, Here Comes the Sun, Hey Jude – just to name a few. The songs were tied together in a way that told the story of the Singing Blackbird Inn and Public Ale House owner who was being chased by the tax man in London. The Beatles were looking for a place to play in front of an audience, but did not want to appear as themselves, as they tested out new songs. Of course, they found the Blackbird Inn and Pub and in true hero fashion, the Beatles saved the owner from the tax man. During this time, “Paul McCartney” met a young American, Lucy, who was also looking to be someone other than herself. You can imagine what song that inspired! It turns out Lucy was in fact Linda Eastman.



The servers were all dressed up as 60's Beatle Mania characters and spoke with British accents. The production was well done, and the performers sounded like the real thing. If you did not get a chance to join us, we highly recommend you see it – it is a show well worth your time!

Thank you to Ed who treated 16 of us to a fun trip to the theatre on “The Bus”, while the rest of our theatre goers drove themselves. All in all, a good time was had by all and Chris reports that he heard no grumbling about the show going past anyone's bedtime!

Singing Group

Do you like to sing? Join our singing group every Tuesday 10-noon. We are a very casual group that just enjoys singing and socializing together.

No experience necessary. New Members are welcome, don't be shy!

Trivia/ Name that Tune, Wednesday, March 11th, 7:00pm.

This event is lots of fun – even if you are not a trivia nerd! Our professional host Ryan, from “Out of Our Heads Productions”, will be entertaining us with three rounds of Trivia, and two rounds of Name That Tune. Ryan does all the work – he tallies the score for each team and provides running totals to ramp up the competition!

So, gather up a team of four in advance, or come as you are and make up a foursome when you arrive. The winning teams(s) will earn a cash prize; prize amounts will

depend on the number of people who attend – the more teams the greater the cash prize(s)!

The cost is \$10, payable in cash at the door to cover the host's fee and cash prizes for the winning team(s). BYOB&S (hard or soft drinks) and optional snacks. You can sign up at the Club or by emailing springbankhc@telus.net.

Page Turners Book Club, will be held on Friday, March 13th at 10:15.

Thank you to Lynda Fleming for volunteering to lead the March discussion of the book “The Wager” by David Grann.

This book is described as “a mesmerizing story of shipwreck, survival, and savagery, culminating in a court-martial that reveals a shocking truth”. Should be quite the read!

Everyone is welcome to join our book club! If you wish to be added to the Page Turners Book Club distribution list, please email springbankhc@telus.net.

Mark your calendars!

On April 9th at 7:00 pm we will be hosting a presentation from the Cochrane and Area Hospice Society.

We will have a presentation from the Director of the Canadian Snowbirds Association (CSA) on May 6th at 7:00 pm.

Stay tuned for more details about each of the presentations.



Chicken like Grandma used to cook!

Jerry & Nancy Kamhuis

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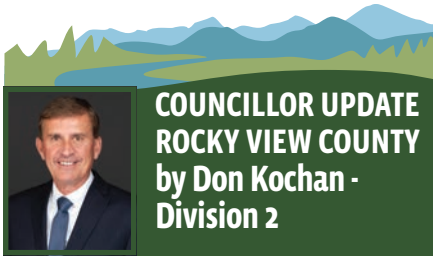
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COUNCILLOR UPDATE ROCKY VIEW COUNTY by Don Kochan - Division 2

RVC Division 2 news items for your information:

Division 2 Open House – with the ongoing construction of the interchange and commercial development in the area of RR33 and the Trans-Canada highway, I will be hosting an open house to provide residents an understanding of the project scope and timing of the different phases. During the open house you will have the opportunity to share your experiences or concerns thus far. Please take some time and join me on March 26th from 6:00 to 8:00pm. The location is still being determined and will be advertised in advance.

Property Assessments -

Property assessment notices have been mailed out across Rocky View County, marking the start of the annual assessment and taxation process.

Under Alberta legislation, every property is assigned an assessed value to help ensure property taxes are shared fairly across the community. For this year, assessments are based on an estimate of market value as of July 1, 2025.

Rocky View County property assessments determine how much tax a property owner will pay of the total tax requirement. Each year, County council approves a preliminary budget for services, the province sets the education requisition that municipalities must collect on its behalf, and then the County finalizes its budget and tax rate, typically by the end of April. The assessment process is governed by provincial legislation and relies on data from the real estate market, including property sales. County assessors also collect and update information through ongoing site inspections, which take place throughout the year. These inspections may involve measuring buildings, photographing exteriors, and gathering details about a property's use and interior features. Inspections may also occur following recent construction, a property sale, or as part of an annual re-inspection program.

Property owners are encouraged to carefully review their assessment notice once it arrives to ensure the property details are accurate and the value is reasonable and equitable compared to similar properties. Anyone who believes information is incorrect can contact County assessment services. If concerns remain, a formal complaint can be filed with the Assessment Review Board by the deadline listed on the assessment notice.

Alternate Land Use Services (ALUS)

- The ALUS program supports local producers with funding to enhance areas like wetlands, riparian zones, native grasslands, and more, all while helping nature do what it does best. Consider what's working on your land and where small improvements could bring long-term gains. Reach out to questions@rockyview.ca or call 403-520-6280 to book a time with our ALUS Coordinator to walk your land and discuss ideas. Every farm and ranch is different, and ALUS projects are designed to fit your unique operation. For more information, please scan here.



Citizen Satisfaction Survey – Rocky View County's biennial Citizen Satisfaction Survey will launch on February 16 and will run until March 22, 2026. This important tool collects resident opinions to guide community planning and enhance service delivery, ensuring the County meets evolving needs effectively. Each household will receive a postcard in the mail with a unique PIN to access the survey. You can

participate online, by phone, or via a paper form. If you have any questions, please email us at questions@rockyview.ca or call 403-230-1401. The survey results will be analyzed by an independent third party, Leger, who will also publicly report the results at a Council meeting in April.

Agriculture Workshops – RVC is hosting several workshops in the region this season. For full event details and registration links, visit: www.rockyview.ca/news-and-events/events

a) Farmer Pesticide Certification – **March 11, 2026** Hosted in partnership with Wheatland County, this full-day course helps farmers reduce risks associated with pesticide use and is recommended under the Alberta Environmental Farm Plan. Certification is mandatory for restricted pesticides such as Aluminum phosphide and compound 1080.

b) Orientation to Beekeeping – **March 18, 2026** Join Eliese Watson, founder of ABC Bees, for an evening exploring the fascinating world of beekeeping. Learn from her journey and gain practical insights for new and aspiring beekeepers.

c) Contractors on the Farm: Key OHS Info You Should Know – **March 19, 2026** This practical workshop with AgSafe Alberta, hosted during Canadian Agricultural Safety Week, covers contractor management, farm health and safety responsibilities, and why contracts matter.

*Don Kochan
Division 2 Councillor
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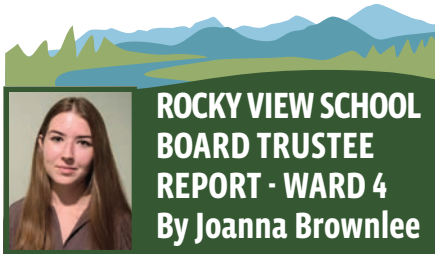
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ROCKY VIEW SCHOOL BOARD TRUSTEE REPORT - WARD 4
By Joanna Brownlee

The Rocky View Board voted on February 12th setting their budget priorities for the 26/27 school year. The Board of Trustees is committed to providing high-quality learning environments for students and staff by maintaining financial sustainability and responsible stewardship.

RVS' 2026/27 budget prioritizes:

- Direct allocations to schools to advance student learning
- Student and staff wellbeing and success
- Sustainable, secure, and effective infrastructure and operational systems

RVS is already working hard on our 26/27 school year budget while we wait for the Alberta Government to release their budget.

It's release is scheduled for February 27th, following it's release RVS can begin more detailed work on our budget, allowing our schools to begin preparations for the next school year. The RVS budget is scheduled to be released to schools and public at the end of May.

The board has also begun working on our next strategic plan, scheduled to be released in September of the new school year. This plan will cover the 2026-2030 school years. Questions will be sent out to all families and staff to advise on what the community hopes to see in the future of RVS. Your responses will aid in directing us to what the next priorities will be, with the last 4 year plan emphasizing numeracy, literacy, building future ready students and inclusive, engaging, healthy learning opportunities.

Across Rocky View, ongoing Infrastructure Maintenance and Renewal work continues to support safe, functional, and high-quality learning environments. During the 2025-26 school year, several schools are benefitting from planned maintenance and

renewal projects designed to expand the lifespan of facilities and ensure that they continue to meet the needs of students and staff. This work reflects a proactive approach to caring for school buildings across the division, and we are fortunate to have passionate and hardworking teams, who oversee and carry out this work.

In November, the Alberta Government created a Class Size and Complexity Cabinet Committee with the intention of addressing the ongoing complexity in schools. On February 12th the premier and the minister of childcare held a press conference announcing the outcome of the committee's work. The government is allocating 143 Million Dollars to schools throughout the province to establish Government Complexity Teams that will each consist of 1 teacher and 2 Educational Assistants. RVS Will be allocated the funds to hire 12 teams, and is given the autonomy to decide which schools most need a team allocated.

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It's hard to believe it's March already! I hope you are all looking forward to the first signs of spring as much as I am. Legislature is now in full swing, but before we took our seats at the end of February, I had the opportunity to visit with many of you during my MLA on Tour stops across the riding. I'm grateful to everyone who shared their concerns, ideas, and hopes for our communities. Your voices guide my work, and I am bringing those conversations with me into this spring session.

Budget 2026: Accountability and Advocacy

As the Shadow Minister for Environment and Protected Areas, one of my key responsibilities during budget debates is to scrutinize the government's spending plans and ensure we are doing everything we can to protect Alberta's environment, forests, parks, and tourism. I remain committed to pushing for transparency from our ministries and advocating for the priorities,

rights, and wellbeing of my constituents and all other Albertans.

Environment

All Seasons Resorts Act & Kananaskis Boundary Changes Many of you have expressed deep concern about the recent boundary changes made in Kananaskis Country to accommodate all-season resort development. These changes occurred without public consultation, enabled by the All Seasons Resorts Act passed during the fall sitting.

I will continue pressing the Minister of Environment and Protected Areas to recognize that the land designated for resort development is critical wildlife habitat, including for grizzly bears, and must be protected accordingly. If you wish to provide feedback on the newest proposed all-season resort development in Kananaskis, you can do so here: www.alberta.ca/all-season-resorts-public-notice-form?application_number=ASR-FORTRESS-2025

Forestry

Wildfire season is approaching and, as we have seen in recent years, rising temperatures and low precipitation are driving more extreme fire activity across the province. I will continue pressing the Minister of Forestry and Parks to ensure

that meaningful, evidence-based FireSmart investments are made to protect our forests, homes, and communities. Preparedness now will determine how resilient we are in the months ahead.

Tourism

During budget debates for Tourism and Sport, I have continued advocating for policies that support sustainable tourism in Banff-Kananaskis. Our riding welcomes millions of visitors each year, and local communities bear a large share of this load. Our municipalities deserve adequate provincial support to manage tourism pressures without placing disproportionate burdens on local taxpayers.

Energy & Minerals

Another area of focus for me remains holding the government accountable for its shifting approach to coal development. The renewed interest in coal exploration at Grassy Mountain in the Eastern Slopes raises serious concerns about selenium contamination, habitat destruction, and long-term environmental harm. Albertans deserve a stable, forward-looking energy strategy — one that invests in clean, renewable energy and provides good-paying jobs, rather than revisiting coal policies that put our landscapes and watersheds at risk.



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BEFORE



AFTER

2026 Budget: What Are Your Questions?

All of your concerns are important to me as I enter budget estimates in this new legislative session. If you have questions, feedback, or issues you'd like raised, please send them to my office — your input directly shapes the questions I bring forward to Ministers. banff.kananaskis@assembly.ab.ca

Looking Back on February: On the Road

I hope you all had a wonderful February filled with fun, family, and friends. I certainly did, with many great opportunities to connect with constituents. Last month included three MLA on Tour stops — in Bragg Creek, Harmony, and Bottrel — where I gained a deeper

understanding of the concerns and priorities of those communities. I also had the pleasure of meeting new faces, from community events, to dedicated farmers at a sheep farm in the northeastern part of our riding. I look forward to continuing these conversations during constituency weeks, which allow me to return home during session and stay closely connected with all of you. If I didn't see you in February, come say hi at Mabel & Marie's in Bragg Creek on March 3rd or join me for an easy hike in Lowery Park near Millarville on March 21st!

Join Us for Sarah's Spring Fling – March 28!

Now for the moment we've all been waiting for! Our annual Spring Fling is returning

for its third year on Saturday, March 28th, at artsPlace in Canmore! This evening is all about setting politics aside and enjoying community — with music, dancing, connection, and support for local families. This year, we are raising funds for three food banks serving Banff-Kananaskis communities. We'll also have three fantastic bands lighting up the stage: No Sudden Moves, The Ducks and Northern Quarter.

If you're able, please bring three non-perishable food items for donation. Please RSVP for yourself and your group here: https://tr.ee/Apb_dvU9Q

Wishing You a Sunny and Prosperous March

I hope the month ahead brings you sunshine, joy, and meaningful time with loved ones — especially as spring break approaches for school-aged kids. Thank you, as always, for sharing your thoughts with me and for being the best riding in the province. It is truly an honour to serve you.

Sarah Elmeligi

Robert M. Hughes Financial Solutions Inc.

Too Much Life at the End of the Money

You have probably heard the phrase; too much month left at the end of the money. Paying for housing, groceries, fuel, utilities and various child rearing expenses, although very necessary, can put a huge strain on a family when outlays sometimes exceed your income. Fortunately, this is usually only a temporary hiccup in most people's lives.

However, people aged 40-50 years are beginning to face new financial issues concerning not only their immediate family but also their parents. Yes, parents. Increasing life spans are forcing many Canadians in this age bracket to think more and more about the financial requirements of their parent's retirement years. There is a growing likelihood than many of today's seniors will eventually be struggling with the problem of an underfunded retirement plan.

Many Seniors are Outliving Their Retirement Savings

With more seniors outliving their retirement savings, their children have to consider increasing their own savings or increasing their working years to provide some type of financial assistance to their parents. The population of 65-plus citizens is expected to double in the next 30 years. Because of this reality, when it comes to calculating retirement income needs, Canadians in the 40 to 50-year-old age bracket may have to seriously rethink not only about their own lifespan but also their parent's longevity.

Sometimes, a fact-finding mission may be in order to assess the status of a senior's financial situation. If necessary, a family member may even need to assist an elderly parent with managing their finances in order to ensure that the retiree can enjoy their golden years without too many money worries. This process can also enable the early detection of any unnecessary risks in a parent's portfolio and help guide them to potential solutions.

Nearly half of Canadians are concerned that their elderly parents will not have sufficient money to care for themselves throughout their retirement years. And as lifespans and retirement expenses

increase, many retirees are wrestling with the possibility that they won't have much of a legacy to leave behind for children and grandchildren.

The Possibility of Illness or Incapacitation

As people age, there is always an increased chance of illness or incapacitation. In many situations, there is also the need to assess if a retirement facility would best meet the needs of a parent or grandparent. Depending on the level of care required, senior's facilities can be very costly and the monthly fees can quickly drain savings and pension income that may have been intended for use elsewhere. Exercising a proactive attitude for these eventual possibilities may help soften the blow.

The key to successful money management is regular reviews with a qualified financial advisor who can assist in assessing different types of portfolio risks (volatility, inflation, interest rates, diversification, etc.) and help ensure that both you and your parents

have the right investment and insurance solutions in place according to each person's unique circumstances.

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

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

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

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The “R” word.

As I am faced with what society politely calls “retirement”, I’ve realized something liberating. I don’t actually want to “retire”. I want to “re-live” for at least another 30+ years. After more than 40+ years in the advertising-design world, I’ve spent a lifetime selling ideas, shaping brands, and convincing people that their logo needed to be smaller or that the headline had to be emotional. It’s been an incredible ride, but now, instead of slowing down, I feel like I’m speeding up. In the right direction.

Funny enough, my high school aptitude test tried to warn me many, many decades ago. It suggested I become a nurse, doctor, teacher or artist. I ignored most of that advice, except for the artist and teacher part, and jumped headfirst into advertising-design. Now, as I look ahead, it feels like my younger self left breadcrumbs that I’m only noticing and picking up now.

The truth is, retirement doesn’t have to mean the end of a career. It means finding something new that challenges you differently. Advertising-design sharpened my creativity, empathy, storytelling, and problem-solving skills, and those tools don’t expire just because you start collecting a pension. Instead, they become catalysts for new possibilities. I find myself drawn toward teaching, volunteering, healthy living, and acting. Roles where empathy matters as much as experience. Who knows? Maybe that aptitude test was right all along, and there’s still time to channel a bit of nurse or doctor energy into this next chapter. I just found out that as an “old geezer”, I can attend some universities tuition free. Hmmm. Dr. Kamachi has a ring to it? Now that’s incentive. At the very least, I can apply my passions of health, humor and creativity wherever I land next. Creativity in my past profession has always been about making life clearer and better. Why stop now?

What makes this stage of life exciting is that the pressure is gone. Earlier in life, career choices felt permanent, like one wrong move would ruin everything. Now, experimentation feels like freedom. I can try things simply because they interest me. I can coach, consult, volunteer, play

music, write, or even start a completely new career such as acting, without worrying about climbing ladders or collecting titles. Experience becomes an asset rather than baggage. And oddly enough, I feel stronger with age. Not just physically, but mentally. I know what matters, what doesn’t, and how to laugh when things go sideways. Like I’ve always said, we’re given one chance on this “rock” so we had better make the most of it.

So instead of retiring, I’m re-living. Re-learning. Re-imagining. Retirement, to me, is just permission to redesign life, a career, using everything I’ve learned so far. The benefits are enormous. Continued purpose, mental stimulation, social connection, staying healthy and the joy of discovery that many of us lost somewhere between deadlines and mortgages is just applied to another goal. Or in my case, goals. If life is a creative project, and I’m convinced it is, then retirement isn’t the final chapter. Retirement is the creative brief where you finally get to create exactly what you want. And this time, the client is me.

Cheers, mark.



BRAGG CREEK & AREA CHAMBER OF COMMERCE

Focusing on Your Business

There's a lot of noise out there for a business owner. It's hard to know what to listen to when your company is constantly calling for your attention: payroll, marketing, business development, hiring, accounting... while keeping the cash flow going and planning for the year ahead. Like sound-cancelling headphones, we can help you focus.

1. Connect with local and regional business resources. The Chamber provides e-news and a website to link you with several supports, here are just a few:

Alberta Small Business Resources is a comprehensive guide to start, run, and grow your business, covering funding, licensing, planning, and more: Alberta.ca/small-business-resources

Business Link is a government supported organization offering free coaching, market research, tax tips, and many more resources to help your small businesses start and succeed: Businesslink.ca

Alberta Business Grants is a central hub to explore Alberta grant programs, such as the Indigenous Entrepreneur Startup Program and the Entrepreneurs with Disabilities Program: Albertabusinesgrants.ca

Community Futures Centre West supports rural entrepreneurs with loans, training, and networking. A strong history of helping tourism, retail, and professional services: Centrewest.albertacf.com

Careers: The Next Generation connects students with employers through internships and hands-on experience: Careersnextgen.ca

Bragg Creek Job Board is our local spot to post job openings and connect with the community: visitbraggcreek.com/careers

2. Take us up on all the FREE ways we can help put your business in the spotlight!

Bragg'n Bout Business Podcast: Be featured on the next episode of this fun podcast that reaches viewers in the foothills, Calgary, and beyond.

Bragg Creek Business Directory: Add your company to attracts all those who support local and regional.

Interactive Virtual Map: Add your business to help folks discover all Bragg Creek has to offer. The paper maps are distributed throughout Bragg Creek, Banff, Canmore, and Kananaskis.

Share your Socials: Tag @visit_bragg_creek, we'll spread the word by reposting your events and business news.

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3. Get involved! Join a Chamber committee that checks your boxes:

Communications - Develop strategies, coordinate social media and newsletters, and help reach our businesses. Committee lead: Gregg

Internal Relations - Support members, highlight achievements, gather feedback, organize networking events. Committee lead: Trish

Economic Development - Promote business growth, help attract customers, collaborate on tourism initiatives. Committee lead: Lowell

Community Collaboration - Build partnerships, help organize festivals, engage local artists. Committee lead: Jason

For more information contact us at office@braggcreekchamber.com.

Attend a Chamber Meeting
7:00 pm, third Wednesday of the month. Come for networking, to hear speakers, and support the business community. Drinks and local eats provided. Upcoming dates: March 18 • April 15 • May 20 • June 17

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



BRAGG CREEK PHYSIO

Beyond the Injury: Modern Physiotherapy Is Treating the Whole Person

This month, I look to shine light on how physiotherapy is evolving. It is moving from a focus on the body as “machine-like”, to considering thoughts, emotions, social context, and how our bodies and experiences are connected to the world around us. I want to explore (without boring everyone) what these approaches look like, and how they’re changing care.

Let’s start with the biomedical model, which has been the dominant way of thinking in healthcare for a long time. Basically, this model treats the body like a machine made up of separate parts, and when something goes wrong, the assumption is that there’s a specific biological problem that needs to be “fixed”. This approach makes a lot of sense for obvious injuries (like an acute ligament injury, a dislocation, or a fracture). But it can fall short when it comes to ongoing or persistent issues, where the structural findings don’t always match what a person is actually feeling. (The gap between symptoms and what we see on imaging is a topic I hope to explore in another article!)

Next, let’s explore the biopsychosocial (BPS) model. This came as a response to the limitations of treating the body as

just muscles, bones, and forces. Humans are more than their physical body, they are complex beings. This model proposes that health and illness are influenced by biological, psychological, and social factors. In physiotherapy specifically, this framework recognizes that patient concerns are not solely a product of tissue injury (it also does not ignore this aspect). As a summary, this way of treating recognizes that injury is influenced by biological aspects (inflammation, tissue pathology, sensitization, etc), psychological factors (fear, beliefs about damage, etc), and social contributors (support system, culture, work demand, etc). This broader view helps us treat people (not just tissues), and acknowledges the many pieces that influence how injury and healing are experienced.

The biopsychosocial model is definitely a “step up” from the old biomedical approach, but it is really easy to fall into applying in a “boxed-in” way. For example, treating the biological, psychological, and social pieces as separate “things” to manage. That’s where the enactive approach comes in. Instead of separating everything into categories, it looks at how our experience of pain and injury is shaped by our whole lived experience (like how we move, perceive, and interact with the world around us). From this perspective, injury isn’t just something we “have”; it shows up in the way we’re relating to our world in the moment. Treatment, then, isn’t about fixing one factor at a time, it’s about helping people shift patterns in how they live and move, so they can feel more confident and capable in their everyday lives.

In short: the biomedical approach focuses mainly on structure, the biopsychosocial model looks at the person within their broader context, and the enactive approach encourages new ways of moving and engaging with life.

To wrap things up, working within more contemporary models doesn’t mean we stop looking for structural changes or screening for serious pathology. We still assess thoroughly, identify red flags, and stay up to date with current research for managing conditions. In my opinion, these more contemporary models add perspective. They remind us that people are complex, and that injury and pain are shaped by so much more than structure alone.

We want to understand not just your injury, but how it shapes (and is shaped by) the way you move through life. We’re also excited to share that our team has recently grown. Kelly Bischke, owner and Registered Psychologist at Rivan Psychology, now practices out of Bragg Creek Physiotherapy. She supports people from all walks of life in finding calm, clarity, and confidence. Our whole team is here to help you move, live, and feel your best.

Bre Maughan

*Registered Physiotherapist (MScPT, BScKin)
Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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BRAGG CREEK COMMUNITY ASSOCIATION

Sometimes you can feel the air. It's the energy and connection that can transform a crowd into a community. That's what happened at this year's Winter in the Woods.

On Jan 31st, The BCCA hosted Winter in the Woods, and it was electric! Originally set up as a fundraiser for the Rink, this event has snowballed over the last 5 years into an event that unifies sports, business, volunteerism, culture, and community spirit. Notably, we are so thankful to Malissa and Marty who picked up the torch to lead this event, and they did an amazing job! Here's a recap:

Chuck-a-Puck has spoken – this year our outdoor rink will be named after Bav Tav! Thank you to all the businesses that put their name on a puck and supported this super fun event.

Thank you to The Rink Rats! Your work to keep the ice solid that day was nothing short of magic!

Warm Gratitude is extended to all involved:

- Our Title Sponsors - Bragg Creek Chamber of Commerce and Cowboy Trail Brewery! Thank you for working alongside us to keep the flame roaring in our great community.
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 - Bragg Creek Distillers
 - The Handle Bar Café
 - Malissa Holstein, Maxwell Canyon Creek
 - Powderhorn Saloon
 - Ripresa Wine
- Volunteers! - You were part of a huge team that took on over 80 shifts and made this event possible. We couldn't do it without you.
 - Volunteer Supporters: Toques sponsored in part by Maverick Law, The Handle Bar provided a free meal to our volunteers, The Italian Farmhouse and Shell brought us snacks and drinks for the volunteer room. Thank you!

To all the businesses and individuals that contributed silent auction items and prizes, THANK YOU so very much! Thank you to Rose, for always hosting at the Horn in support of the Centre.

Dick Koetsier – Thank you for once again for providing the sound system, the singing of the anthem, and donating parking space. We couldn't do it without you and Gateway Developments.

Michelle Minke – Thank you for sharing your voice in the singing of the National Anthem. Beautiful.

To Dave and our Hamlet, thank you for helping to create such a warm sense of community!

So, what's next? The BCCA is proud to work with Rob Sawchuk to dust off and bring back to life our concert stage at the Community Centre! It's been a while since the community gathered in the Centre for music and fun, so please check the posters around town, visit our website, and buy your tickets now!

The Turkey & Pistols Travelling Medicine Show! Presenting Jaiden Riley and the Crybabies. March 7th

And before we sign off on another month, please check our website to see all the great new programs and early sign up for Summer Camp! You could take part in a Creative Writing Workshop, Learn Spanish, Adult Volleyball... the list goes on...

Your BCCA - www.braggcreekca.com



BRAGG CREEK COMMUNITY CHURCH

Bragg Creek Business Luncheon Brings Local Businesses Together

There's something special happening each month in Bragg Creek, and it's all about good food, good conversation, and supporting one another. The monthly Business Luncheon at The Hub (under Bragg Creek Community Church) has been a wonderful success, bringing together local business owners in a welcoming and relaxed setting.

The luncheon takes place from 11:30 a.m. to 1:30 p.m. on the last Wednesday of every month at The Hub in the Mall, and all local businesses are invited to attend — whether you have a storefront or run a home-based business. Best of all, lunch is complimentary, making it easy to step away from the workday and enjoy time connecting with others in the community.

Each month, sandwiches are purchased from a local restaurant, helping support Bragg Creek's food scene while giving attendees something delicious to enjoy. It's a simple idea with a big impact: supporting local restaurants while encouraging local businesses to meet, chat, and build relationships — truly a win-win.

All Businesses are encouraged to come out and join the next Business Luncheon at the Hub on Wednesday, March 25. It's a great opportunity to meet fellow business owners, share ideas, and strengthen the sense of community that makes Bragg Creek such a special place to live and work.

Pull up a chair, enjoy lunch, and connect with your neighbours — we'd love to see you there!

The Hub, 234 - 7 Balsam Ave, Bragg Creek







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BRAGG CREEK EXCAVATING



WHEN ROADS AND WILDLIFE COLLIDE

Sometimes, life gets in the way. Literally. Every year, thousands of animals lose their lives on Alberta roads. Sadly, the Bragg Creek region happens to be a province hot spot. According to the Alberta Wildlife Watch Program, (<https://www.alberta.ca/animal-vehicle-collision-safety-program>) an average of 91 animals lost their lives on our local provincial and federal roads in the last 2 years; a number that only accounts for wildlife removed by highway maintenance crews. The remainder of roadway kills go unreported. Carcasses that are unaccounted for are typically eaten by other wildlife (i.e. crows, coyotes) whereas injured hit-and-run animals may run off into the woods, where they often succumb and die.

High-Risk Zones: Rural County Roads

The vast majority of wildlife-vehicle collisions occur on two-lane roads outside of urban areas. According to a human/wildlife safety study undertaken on Alberta Hwy 22 by the Miistakis Institute, (www.rockies.ca/files/reports/CorrectionFactor_Graphics_FULL_JAN2021.png) the actual number of wildlife-vehicle collisions is 2.8 times higher than in the official provincial statistical data. For the Bragg Creek region, that means an estimated 255

animals die each year from wildlife-vehicle collisions.

As maintenance of county roads is the responsibility of the individual municipalities and local governments do not have a systematic approach to collecting data, no reliable data is available for local rural roads - roads that are high-risk zones, for these reasons:

Habitat Fragmentation - Rural roads cut through natural wildlife habitats, forcing animals to cross in search of food, water and mates.

Roadside Attractants - Salt runoff, vegetation and natural foraging movement draws animals to roadsides.

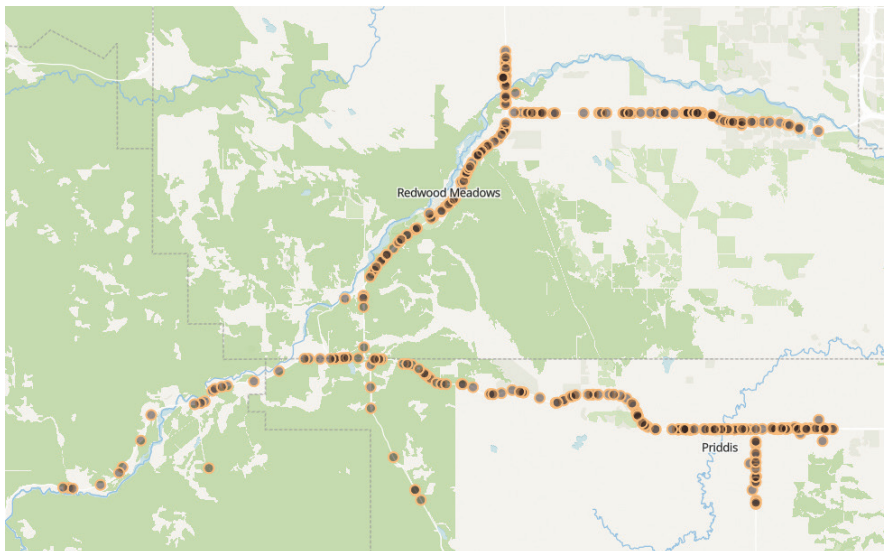
Driving Conditions - Long, straight stretches of rural roads encourage higher driving speeds; a behavior that can reduce reaction times in animal collision scenarios and increase impact severity on affected wildlife.

Seasonal Behaviors - The Fall rutting period and Spring migration brings more wildlife movement, increasing contact with vehicle traffic.

Animal Groups - Deer and other herd animals travel in groups and may cross roadways in sporadic ways and in unpredictable numbers.

Dawn and Dusk Visibility - Animal activity is at its highest during these two low-visibility periods.

Wildlife-Vehicle Collisions In the Bragg Creek area - 2020 to 2024 - Each dot represents one fatality



How Alberta Transportation Tracks Wildlife-Vehicle Collisions

Alberta Transportation is using the Alberta Wildlife Watch app to enable authorized personnel, such as Highway Maintenance Contractors to report wildlife carcasses along Alberta's highways. The data gathered will indicate where mitigation measures are needed for reducing animal-vehicle collisions, improving driver safety and reducing the impacts of highways on wildlife.

Roadway Species Mortality: Who's Getting Hit?

Only large mammals are recorded in provincial statistics - bears, deer, elk, moose, horses, cows and other livestock - and from time to time, cats, dogs, foxes, coyotes, hawks, eagles, ducks, geese and swans. Although anecdotal evidence indicates cougars and great grey owls are amongst the victims in the Bragg Creek area, such occurrences were not included in provincial statistics, likely because these collisions occurred on our county roads. Smaller animals including squirrels, mice and small birds are also not recorded.

Why It Matters: The Big Picture - Humans, Habitat, Biodiversity and Conservation Human Welfare, Economics

Mitigating wildlife-vehicle collisions (WVCs) is crucial to public safety. Such accidents cause human trauma, injuries and fatalities. Along with lost productivity, vehicular damage results in millions of dollars in annual insurance claim costs.

Habitat Connectivity

Existing roads create barriers to wildlife movement, isolating populations - causing loss of gene flow and leading to detrimental genetic and ecological consequences.

Biodiversity & Conservation

While wildlife mortality is a major concern on existing roadways, expansion of road networks is also reshaping animal movement patterns. Threatened and endangered species are amongst the animals suffering significant population declines due to increasing vehicle-related road accidents. This has a knock-on effect of disruption and degradation to overall ecosystem health.

Saving Wildlife, Protecting Drivers

Key strategies to increasing road safety include: lowering speeds (especially at dawn and dusk); installing engineered crossing structures; improving signage

and awareness (yellow wildlife warning signs, seasonal alerts); implementing infrastructure solutions (wildlife fencing, overpasses and underpasses); exploring new ideas (animal detection systems); habitat management (vegetation clearing for road visibility and deterring wildlife)

SAFE DRIVING: BEHAVIOUR AND PREVENTION

- Speed reduction - observe local limits and locations with posted animal crossing signs
- Defensive driving - actively scan the road and ditches and look for glowing eyes at night
- Don't swerve - avoid losing control and hitting other vehicles or the ditch
- Use strategic reaction - if hitting a large animal is inevitable, aim for its flank or hindquarters to minimize harm

By combining better data, local knowledge and smarter road habits, inhabitants and visitors alike will have increased awareness of local wildlife behaviours to respond safely on the ever-changing roadways we share.

For important links to additional information from provincial and scientific sources, visit www.braggcreekwild.ca. Become a member! It's free!

Data Sources:

Alberta Wildlife Watch Program

Reference

<https://www.alberta.ca/alberta-wildlife-watch-program>

<https://www.alberta.ca/animal-vehicle-collision-safety-program>



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This year's Taste of Bragg Creek takes flight on Friday, April 24th from 5pm to 9pm. Participating Bragg Creek & Area restaurateurs and liquor merchants will feature their culinary skills and products. You'll enjoy a walkable format so you can also experience local retailers who will showcase their wares. Bring the entire gaggle and make it a Bragg Creek date. This year's event raises funds for our local Swamp Donkey Musical Theatre group.

Calling all vendors!

The date is set, now all we need is you. It's that time again to register to be part of the magic that happens in Bragg Creek once a year. The stage is set for another amazing event so please visit our website for info and registration forms.

tasteofbraggcreek.ca

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BRAGG CREEK & REDWOOD MEADOWS WELLNESS NETWORK

Keeping the Line Open: Next Steps for Our Community

By Shannon Parker, MN RN

Tableside Talks were a resounding success. Over the past few months, we have been reminded that connections can be simple and strong. Like the tin can telephone we have used as our guiding metaphor, every conversation and shared moment helps strengthen the line between us. It doesn't take elaborate tools to stay connected – only intention, curiosity, and care.

With support from Rocky View County, we completed our 2025 Tableside Talks series and the Growing the Network initiative. These efforts helped us listen deeply, build relationships across Bragg Creek and Redwood Meadows, and understand more clearly the needs and priorities of our community. Together, we continue preparing for next steps with a focus on supporting the health and well-being of everyone who calls this place home.

What We Heard in 2025: Safety and Resilience: Residents identified opportunities to strengthen emergency readiness by improving communication infrastructure, establishing a reliable emergency egress route, and building on our community's strong Fire Smart foundation.

Housing and Isolation: We heard concerns about the lack of affordable and rental housing options for seniors, younger adults, and those working in the community. Many residents also described experiences of isolation and noted gaps

in local primary care, health services, and year-round transportation.

Community Connection and Engagement: Our spirit of volunteerism is one of our strengths, and many noted that a small group of people is carrying much of the work. Residents expressed a desire to welcome and support more volunteers, unify our communication to reduce event overlap and increase awareness, and strengthen our shared identity and history so both residents and visitors better understand our values and vision for the future.

What's Next: On March 9, 2026, we will meet at the Bragg Creek Snowbirds Chalet to begin forming working groups focused on these three themes. These groups will bring together residents, community organizations, and agencies active in our area. All community members are welcome to attend, listen, contribute, and help guide these next steps. There are many ways to get involved, even if you cannot join us on March 9. Our main hub for updates, participation options, and future activities is bcmrwellness.ca.

There are many opportunities ahead, and we are confident that by keeping the line open – across Bragg Creek and Redwood Meadows, across ages and experiences – we will continue building a community that supports everyone's health and well-being.

Please pick up the line. We're listening.

Want to learn more or join our next gathering?

Contact Shannon Parker and Sherry Grundt at bcmrwellness@gmail.com or visit BCRMWellness.ca. We'd love to hear from you.

Shannon Parker

Co-chair, Bragg Creek and Redwood Meadows Wellness Network

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BRAGG CREEK TRAILS

Community Feedback Underway for Proposed West Bragg Creek Trail Centre

BCT would like to thank everyone who completed the recent public engagement survey regarding the proposed permanent Trail Centre at the WBC Day Use Area trailhead in Kananaskis Country. We appreciate the time and care people have taken to share feedback and will provide a public summary once responses have been reviewed and key themes compiled. If this has reached you before the February 28 deadline and you wish to contribute your comments to the survey, please go to braggcreektrails.org and click in the "News" tab for the link.

The proposed Trail Centre is envisioned as a year-round, fully accessible public facility focused on trail access, environmental education, training, and volunteer support. Potential uses include a public warming space, trail information hub, meeting space for WBC-related educational and non-profit activities, workspace for trail hosts and staff, and storage for equipment and merchandise.

The permanent Trail Centre is intended to support trail users at the WBC trailhead and is not designed to replace or compete with existing businesses or services in the Hamlet of Bragg Creek.



A permanent Trail Centre was first identified in the Alberta Parks approved 2016 Final Concept Plan for the expansion and redevelopment of the WBC trailhead parking area, completed in 2017. The current on-site BCT trailer, installed in 2016, was always intended to serve as a temporary warming hut.

BCT also conducted a benchmarking review of 12 comparable trail networks across Western Canada. Results confirmed that WBC is among the highest in annual trail use, has one of the longest trail networks, significant parking capacity, and a diverse user base, and yet remains the only comparable network without a permanent Trail Centre.

The permanent Trail Centre is considered a legacy capital project and would be funded

through major grants and direct donations designated specifically for this purpose. Operating and maintenance costs would be supported by a dedicated endowment fund. The building would be owned and operated by BCT under a land lease agreement with the Government of Alberta.

BCT aims to serve a wide range of trail users, partners, and volunteers while thoughtfully considering the needs of local residents and businesses. The proposed permanent Trail Centre is being explored as one way to better support this community and the trails we share.

Thank you again for your continued care for the trails and for being a part of this community.

*Con Schiebel
BCT President*



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REDWOOD MEADOWS EMERGENCY SERVICES

There are an estimated 3,672 fire departments in Canada, approximately 83% of these are staffed by volunteer firefighters. As a volunteer-driven organization, Redwood Meadows Emergency Services (RMES) responded to 443 calls for help last year.

Every year, Canadian firefighters are injured or killed in the line of duty. This month, we're giving some tips to protect your volunteer firefighters as we do our work.

SLOW DOWN. AND THEN SLOW DOWN SOME MORE: One of the most dangerous parts of our job is doing traffic management at motor vehicle incidents. When you see emergency vehicles on the highway, slow down well in advance. The slower the better when we have team members on slippery highways and focused on quickly grabbing equipment from trucks! Resume speed only when you are well clear. Treat every firefighter you see working on the highway as a family member, neighbour or friend – because we are all of these to someone in the community.

FOLLOW FIRST RESPONDER DIRECTIONS: Follow the directions of the first responders. Don't stop to take pictures (we aren't that good looking!) and don't ignore their instructions because you

feel they're meant for vehicles and you're riding a bicycle or walking.

MOVE OUT OF THE WAY – IT'S THE LAW: When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

KEEP YOUR DRIVEWAYS AND PATHS CLEARED OF SNOW AND ICE: Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbor with mobility issues, be a snow angel and help them keep their paths and hydrant access points clear of snow and ice.

Until next month, stay safe!



THE LITTLE SCHOOLHOUSE

Happy March!

We're excited to celebrate the month by exploring the colours of the rainbow. All students will learn about colour through songs, rhymes, art, and hands-on STEM activities as we create, mix, and identify different colours and shades.

Our classes will also focus on community-learning how we and our neighbours contribute to the growth and well being of where we live. All our classes will have a special visit from the Cochrane RCMP and Kindergarten students will have the exciting opportunity to tour local businesses and see firsthand how they serve and support our community.

At The Little Schoolhouse, we feel fortunate to learn, live, and play within a supportive community and on the beautiful Treaty 7 lands. This month we are honoured to be learning from local Elders about the past and present, and to deepen our understanding of the importance of respecting the land, caring for nature, and showing kindness to all.

Registration for the 2026-27 Preschool and Kindergarten programs is now open. We would love to welcome your family to our special community. For more information, please visit www.thelittleschoolhouse.ca.

Wishing you a happy, healthy month!

Ms. Shelley and The Little Schoolhouse Team

DONATIONS ACCEPTED

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

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



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| <i>Equipment/ System</i> | <i>Maintenance Required</i> | <i>Recommended Frequency</i> | <i>Risks/Results if Neglected</i> |
|---|--|---|--|
| 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 channelling, reduced efficiency & control valve jamming |
| Iron/Sulphur Filters | Mineral Bed Replacement & Control Valve service | Every 3 – 5 years | Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming |
| Ultra-Violet Sterilization System | UV Lamp & Sleeve Replacement | Annually | Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc. |
| Well Shock Chlorination | Correct dosage of chlorine injection into well & flush | Annually <i>(as per Alberta Environment)</i> | 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 <i>(as per Alberta Environment)</i> | Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc |

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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

The Hidden Costs of Littering

That careless toss of an apple core or a banana peel out the car window has consequences. Your action can ripple through the ecosystem in ways of which you may not be aware. Throwing out biodegradable garbage is still considered littering and can lead to fines from \$250 to \$1000. Municipal littering by-laws and resultant fines vary across the province.

So, what can that “harmless” apple core toss start in motion:

Decomposition is much slower than most people think. An apple core doesn't vanish in a few days or weeks. In dry or frozen roadside, trail or wind exposed conditions, it can take 1-2 months or even longer to fully break down. Those plastic stickers on banana peels can take centuries.

The biggest and most serious problem is that animals smell the food and learn to forage near roads or trails. Smaller animals like rabbits, mice, squirrels and chipmunks get hit by cars. Predators and scavengers like hawks, eagles, coyotes, foxes then come to eat the roadkill and can also get hit. Wildlife rehab centres report many such injuries/deaths directly linked to “edible litter”. That nice meal you thought you were providing for a small animal may actually be its last.

Animals start associating humans/roads/trails with easy food. They become less afraid of people, become more aggressive,

or hang around campsites/roads more. This often ends badly for the animal.

Edible roadside litter can contain seeds which can sprout in places where that variety doesn't belong, becoming an invasive species. This is especially concerning in National and Provincial parks meant to preserve original habitat.

Rotting cores/peels are also visual pollution which can encourage littering. As you now know, the decomposition process can take weeks/months in the meantime looking like the trash that it is. This psychologically makes other people think “it's okay to leave my trash too”. There is an interesting theory first postulated in 1982 called the “Broken Window” theory. The gist of it is that a broken window or other signs of vandalism (graffiti, etc.) in a neighborhood promotes further degradation of the neighborhood.

Even an intermittent diet of human food can make wild animals sick or metabolically unbalanced, leading to poor digestion and nutrition.

While we are discussing trails, it should be highlighted that putting your dog's poop in a doggy bag and leaving it by the trail for pick up on the way out, is not being a responsible pet owner. I used to hike the West Bragg Creek/Fullerton trail system regularly.

I'd be the first car in the parking lot, so I knew there was no one ahead of me. I would see these doggie bags all over the place as people never picked them up on the way back. Using a biodegradable bag doesn't make it all better. As much as I disliked the chore, I would pick up these bags on my way out and dispose of them in a proper garbage container back at the parking lot. I wanted myself and others to

enjoy a hike on pristine trail even more than I disliked the chore.

Discarded fishing line along flowing water and lakes is especially dangerous to wildlife both in and out of the water. I just finished watching a video of some kind soul removing fishing line from the legs and feet of an owl. For ice fisherman, whatever you leave on the lake ice falls to the bottom of the lake when the ice melts.

Before you think I'm being overly harsh, here is a little vignette of Canada's cleanliness. A number of years ago I took an elderly American couple who were up for a visit for a picnic lunch at Forgetmenot Pond. He remarked how clear the water was and said, “In the US there would be a bunch of beer and soda cans on the bottom.”

Another deadly form of litter is the practice of throwing cigarette butts out the window. These can and do ignite fires which can grow to be out of control.

Loads should be properly tarped or tied down so that garbage, or even valuable stuff, doesn't fly off. You are a hazard on the road to other drivers if you don't and can be fined and charged if caught or causing injury. How many times have you seen seat cushions from someone's couch at the side of the road. Don't they go looking for them after they get to the new place?

A huge thumbs up for those individuals and groups who clean roadside ditches every year.

There can be consequences, some serious, for littering. Not to mention the impact on your wallet.

Dave Schroeder
HCRCWA Board Member

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

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

Special Events

- March 4, 10:00 am – Coffee with the Minister
- March 5, 7:00 pm - Sound & Soul – 'Irish Music'
- March 8, 12:30 pm – Voices United Choir Rehearsal
- March 15, following the worship service – Soup Lunch
- March 18, 10:00 am – Coffee with the Minister
- March 27, 7:00 pm – Community Dance and Games Night
- March 28, 9:00 am - Men's Breakfast
- March 29, 10:30 am – Palm Sunday Service
- March 29, 11:30 am - AGM

Weekly

- Mondays, 12:00 pm – Lenten Lunch and Book Study, Cultivating Hope Together, held at the McDougall Site
- Tuesdays, 7 pm – Open Studio time, come create. Held at the McDougall Site.
- Thursdays, 10:00 am – Grieving with Grace begin, held at the McDougall Site
- Saturdays, 11:00 am - Discussion/ lunch focus group focusing on 'release', 'triumph' and combined

ON THE EDGE CONCERT SERIES

Experience an unforgettable season of live music at Red Deer Lake United Church! Enjoy a lineup of talented performers spanning a variety of genres, and share in an evening of music, community, and connection. Learn more and see upcoming concerts at reddeerlakeuc.com/concerts

Dance, Games, and fun at Red Deer Lake United Church – March 27, 7pm

Get ready to move, mingle, and enjoy an evening of music, dancing, and community at Red Deer Lake United Church! Tickets available online, after Church or at the door.

WEDDINGS & EVENTS CENTRE

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

Stay connected and explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

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



We are excited to let you know about a new community event coming up. On Saturday March 14 we are hosting our first Family Resale event. The Sale takes place at the Priddis Hall and runs from 10am-2pm. Admission is free. We invite you to come shop gently used items from local families including kid's toys, games, gear and clothing. This is a great way to get new items for your family while saving money and keeping things out of the landfill.

The Hall continues to be a busy place with many different program opportunities for our community members to be active and connected. There are currently opportunities for fitness, yoga and pickleball on a weekly basis. Check out the Programs page on our website for more information. www.priddisalberta.com/programs

While the summer is quickly booking up, we have lots of availability for hall rentals over the next few months. We offer a lovely space at reasonable rates for birthday

parties, meetings, family gatherings, workshops and so much more. Check out the Hall Rentals page on our website for more information. www.priddisalberta.com/hall-rentals

Red Deer Lake Soccer Association will be running their grassroots soccer league from April 27 to June 20 this year. The schedule is Monday - U11, Tuesday - U7, Wednesday - U5 and U13, Thursday - U9. Registration is now open! www.rdlsa.com

This is a friendly reminder that the Priddis Hall Parking Lot is private property reserved for our members and those using the hall. If you are leaving a car unattended in our lot you must park on the west side and have your PCA membership displayed on your dash. Don't have a membership? Follow the link below to purchase one. <https://pca.getcommunal.com/member/memberships/available>

The Priddis Community Association Board of Directors



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**COUNCILLOR UPDATE
FOOTHILLS COUNTY
By Suzanne Oel -
Division 4**

Greetings! Sharing my News Update...

West Foothills Water Investigations:

The Engineering Study for the conceptual West Foothills Water Pipeline extension is available for review and sharing. A reminder that this is not an official project – see next steps below for more details. Expression of Interest information was collected by the West Foothills Water (WFW) Coalition in 2025, including landowners in the areas near Highway 762, from 242 Ave. W to Highway 22, within Division 4. Foothills County mapped the expression of interest and has provided cost estimates. This study was released to residents, as amended, on January 15, 2026. A digital copy is available to area residents who may wish to review this information. Let me know if you would be interested in obtaining a PDF copy by email.

West Foothills Water Next Steps:

- 2026-dated Study regarding conceptual potable water pipeline extension sharing with WFW Coalition.
- 2026-dated Study regarding conceptual potable water pipeline extension sharing with interested residents.
- WFW Coalition to work with Foothills County Director of Public Works regarding clarification.
- WFW Coalition to work on their own report and share with Foothills County Director of Public Works.
- Foothills County to review WFW report and work with WFW Coalition regarding clarification.

- When ready, WFW Coalition to call the next meeting with residents. Foothills County to assist.
- Interested residents can pose questions at the next meeting, where additional information and processes can also be discussed.

Film Production in Foothills County:

On October 15, 2025, planning staff were directed to prepare a report for Council's consideration regarding potential amendments to the Land Use Bylaw and/or licensing, addressing regulations for Film Production. On January 7, 2026, a report was presented to Council, which identified the current County framework with minimal references in the Land Use Bylaw, explained the "Filming on Municipal Roads" application requirement, and explored how film and media production is regulated in other municipalities. Foothills identified key consideration for evaluating regulations, including minimizing administrative burden, providing adequate landowner notification, enhancing emergency and public safety coordination, and reducing concerns from neighbouring properties.

After Discussions: Council made a decision to regulate film and media production in Foothills County, and directed staff to prepare the necessary bylaws, application forms, fee schedules, and administrative processes, and to return to Council for further consideration. These drafts could include notice of filming, temporary film production, business licensing, event licensing, film site licensing, identification of thresholds, application requirements, plus fee and cost recovery. Link to Foothills County January 7, 2026, Council Meeting recording and agenda package: www.foothillscountyab.ca/government/council-committees/meetings-hearings/council-meeting-07-jan-2026

New Fire Chief: Foothills County welcomes Alex Marshall to the position. Best wishes!

Invasive Aquatic Species: Non-native organisms that were brought from other places into Alberta's water can cause harm to our environment, economy, and health. Prevention is essential since many are difficult to eradicate once established. At a recent Government event, the more serious threats to Alberta were noted: Mussels (Zebra, Quagga, Golden), Flowering Rush, Phragmites, Pale Yellow Iris, Himalayan Balsam, Purple Loosetrife, Curly Leaf Pondweed, Chinese Mystery Snail, Prussian Carp, Goldfish, Koi, Common Carp, Northern Crayfish, and more.

Invasive Prussian Carp: These fish were confirmed in the Bow, Red Deer, and South Saskatchewan river basins between 2006 and 2012 and have since spread widely throughout these river systems, and are also found in stocked ponds in Central and Southern Alberta. Within Foothills County, you can see a significant population in Frank Lake. Introductions of Prussian Carp have been associated with declines of native fish species, benthic invertebrates and plankton, and are also known to affect water quality due to increasing turbidity (cloudiness) during foraging activities.

Alberta Government Responses to

Invasive Aquatic Species: Various strategies are underway to help prevent these serious threats from taking root in Alberta. New rules apply for watercraft entering Alberta from the east and south to help keep out invasive species. Learn more about "Clean-Drain-Dry your gear", "Don't let it loose", "Watercraft inspections", and more, at: www.alberta.ca/aquatic-invasive-species

Alberta Invasive Species Council:

For photos, detailed information and management of invasive species, visit: <https://abinvasives.ca>

For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>
Email: suzanne.oel@foothillscountyab.ca
Please visit High Country News online for my previous articles: highcountrynews.ca/?s=suzanne+oel

With Best Regards, Suzanne



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MILLARVILLE - STOCKLAND 4-H CLUB

A busy start to Winter for the Millarville Stockland Club!

January and February have been really busy and exciting months for our club! First of all, we had our beef farm tour on January 4th. This is where we go to everyone's houses and take a look at their beef projects. The farm tour is a great learning opportunity as we get to see how other people take care of their projects and how we can make improvements with ours. This year it looks like everyone's projects are doing really well! It was a beautiful frosty day to visit lots of different farms and we enjoyed lunch altogether halfway through the tour.

On January 14, we had our monthly business meeting. It was located at MRAS Hall and we discussed previous and upcoming activities for and of this month. On January 17, we had our first beef clinic at MRAS Arena that junior member Vikram Chouhan hosted. We learned how to care for and show our animals. We focused on grooming, leading and showmanship. It was a big success and loads of fun!

On February 8th we had our club Public Speaking that was held at MRAS Hall. Everyone had amazing speeches and presentations, and it was a huge success for our club. We also were thankful for the family and friends who attended and the judges who gave their time to be there. This event was sponsored by Altalink and we can't thank them enough for their support! The junior winners who get to move on are Kenzley Stanley and Colbie Johnson with Gracen Peloquin as the alternate. Our intermediate winners are Sterling Christman and Sabine Polivka with Pyper Stanley named the alternate after an exciting three-way tie "speak off". Our senior winner was Peyton Christman. Talia Ramic and Maddie Storch will move on with their wonderful presentations. These winners then get to move on then go to our district public speaking event to be held March 1st at Meadowbank Hall.

On February 11th we had our monthly business meeting for February. We once



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again discussed previous and upcoming activities. We have two more clinics coming up in February including a marketing workshop and another hands-on project clinic and March is already looking full of 4H fun!





MILLARVILLE COMMUNITY LIBRARY

Currently on display in the library is art by Kristen Young until mid-April. Have you seen her works? Incredible right? Which is your favourite?

Our library has partnered with the new Miss Marples Cafe in the hamlet to bring you a new book club starting in March. If you're interested, please contact Miss Marples Cafe as I think there are still openings.

There will be many events and activities coming up over the year. Check in and often with us please to keep up to date. Some ideas we're starting to kick

around are a Mother's Day Craft and a summertime celebration extravaganza for our 34th anniversary! We're also hoping to improve and pretty up our side of the garden. Stay tuned...

If you believe in the good libraries do, perhaps you will consider joining our board. Reach out to us please and we'll have the board president get back to you!

Book Review by Duane Murphy for Robert Ludlum's *The Treadstone Exile* by Joshua Hood. This reads just like a Ludlum book should read. Action packed, nothing is black and white, assassins follow the agenda of their handlers. Once a spook, always a spook who has lived in the grey for so long, right and wrong don't mean a thing.

Kindly, Sheila H.



MILLARVILLE MUTTS AND MUSTANGS 4H CLUB

The Millarville Mutts and Mustangs 4-H club held its annual Christmas party on December 22, bringing members together for an evening of organized activities and holiday celebration. The event featured a variety of group activities completed in rotation, with one group participating in Just Dance while the other took part in an arts and crafts activity.

During the Just Dance session, members danced together to popular music selections such as "Waka Waka" by Shakira, "Rasputin" by Boney M., and "Timber" by Pitbull. Meanwhile, the arts and crafts activity allowed members to paint wooden cookies with festive designs, including Christmas trees, snowmen, the Grinch, and Snoopy.

In addition, members competed in a 4-H-themed Jeopardy game, which tested their knowledge of the various projects within the club. The evening concluded with a White Elephant gift exchange, bringing the celebration to a festive close.

On February 7th, the Millarville Mutts and Mustangs 4-H club hosted their annual communications competition.

This competition was a showcase of short speeches and longer-form visual presentations, featuring many amazing speakers. We had Joy Den Haan as our emcee for the day, and 9 wonderful judges, including Donna Kendall, Rita Behan and Sandy MacKenzie for our junior judges. Heather Thomson, Marion Church, and John Brunton for our intermediate judges. Cathy Robinson, Janelle Fortmuller, and Mary Bearnese for our senior judges. Special thank you to Hailey Mazubert and Ellie Fortmuller for being on our public speaking committee, Tammy Mazubert for helping our day go smoothly, and our many other volunteers at our time tables, impromptu table, and helping put out lunch. Congratulations to the following members moving on;

Speeches - Juniors: Finn Driscoll & Delayne Benjamin Intermediates: Brianna Maull & Eva Driscoll Senior: Avary Nielsen

Presentations - Juniors: Scout Dunne and Olivia Nieman + Zoe Williamson Intermediates: Billie Whaling & Syd Dunne Seniors: Lauren Kornelson & Russell Hodson

We also had many brave little cleavers come up and deliver amazing speeches and presentations. Congratulations to all of our speakers, and best of luck to those moving on.

*Cierra Hathaway & Blanka Bilka
Club Reporters*



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The Millarville Horticultural Club is offering a Creative Landscape Grant in 2026

The grant is open to non-profit organizations operating in the Foothills county. Hard landscaping, permanent plant material and installation costs can be included. The maximum amount is \$1000. The deadline is March 31, 2026. If you are interested in applying for this grant please email Arlene Visser atvissera@hotmail.com or call at 403-933-2885.

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

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

Our next meeting is March 10, 2026 at 7 pm. Tish Forteath from Soil Joy is presenting on making great compost and soil health. A source of knowledge we can all use. As well we are updating plans for the 50th anniversary of the Millarville Horticultural Club. Some great ideas include work of local artists.

New members always welcome at our upcoming meetings:

April 14, 2026 - Serena Martindale on Woodland Management

May 12, 2026

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



Question #1
Do you find it crazy that we are already coming to the end of the 1st quarter of 2026? It's easy for months and years to slip away as we're consumed by the endless distraction of smartphones and social media, which is why it's more important than ever to connect as a community.

If you answered yes to the question above... then put your phone down (after you're done reading this), slow down and enjoy the moment and join us at Square Butte Hall for a deliciously fun, in-person, wine tasting evening with Ripresa Wine Boutique. Paired with a charcuterie spread, Shannon, the owner of Ripresa in Bragg Creek, will share her love of wines. Here's the details:

Wine Tasting with Ripresa Wine Boutique
Saturday, March 21st @ 7pm

Tickets are available on our website

Question #2
Has life got you down? Did you know volunteering increases dopamine (that neurotransmitter responsible for pleasure and motivation, which creates a "high" that boosts mood)? Acts of service act as a natural antidepressant, releasing those "feel-good" chemicals like dopamine, serotonin, and oxytocin, which reduce stress, anxiety and depression.

So, if life's got you down... and you want to improve your mental well-being and add some meaning to your life, volunteer at our casino fundraising event on May 21 and 22nd! This is a huge fundraiser that earns our community association between \$40-60K, and we REALLY NEED YOUR HELP!!! No previous casino experience is necessary, a food allowance is provided, and the best part is you get to hang out with a great group of people! Visit our website to learn about the various positions that need to be filled (...and then sign up for a shift and start feeling good about helping your community!).

Thursday, May 21st & Friday May 22nd

Casino fundraising event - Century Casino Calgary

Daytime & Evening shifts available

The volunteer schedule is posted on our website. If you've still got questions, please reach out!

www.squarebuttehall.com
info@squarebuttehall.com
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Our Library of Things has been moved closer to the librarian's desk so that it is more visible for our patrons. Some homeschoolers have joined us for our Bingo games and we hope they will continue to come.

Though our library is small, but welcoming, it is a very active one. In the past year we have lent out 3,007 items through our inter library loan system. We have brought in 640 items requested by our patrons. We have 2 public computers and a Telus hub available for loan. We have a total of 6,030 books in our collection. New to that collection is Three Days in June by Ann Tyler, Wild Dark Shore by Charlotte McConaghy and Values by Mark Carney.

A delightful read is The Correspondent by Virginia Evans. It is an intimate novel told in the form of letters by a retired lawyer as she reminisces about her life, its accomplishments, its compassion, its betrayals and her feelings about aging. She corresponds with other contemporary authors, such as Joan Didion (Blue Nights), Ann Patchett (State of Wonder) and Abraham Verghese (Cutting for Stone.) Enjoy.

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Hello, Diamond Valley. Well, February turned out to be not so bad, at least the first few weeks anyway. I can hardly wait until the grass and trees start turning green again, and spring fills the air.

It's St. Patrick's Day on March 17. The Turner Valley Legion usually has the young Celtic Dancers at some point near St. Patty's Day, please check their Facebook page closer to the date to find out when. And don't forget their meat draws, 50/50s, Pool and games nights, and special dinners. You don't have to be a member to come on in, but membership is very reasonable and helps out our Veterans.

You have probably heard of the War Amps KeyTag Service. You donate to the War Amps and receive a key tag. This program supports Champs, who supplies artificial limbs, information, and peer connections to youngsters. Since 1918, the War Amps also gives a strong voice to Veterans, especially those who are seriously disabled. Visit waramps.ca to find out more.

It's Earth Hour on March 28. From 8:30-9:30 pm, we are all encouraged to unplug, turn off our phones and computers and enjoy one another's company or just the peace and quiet. This grassroots movement started in 2007 and has broken records for saving power. For ideas and information, visit earthhour.org.

The Turner Valley Sustainable Living Centre offers learning opportunities

for community members of all ages at Diamond Valley Makerspace and at venues throughout Diamond Valley and area. Learn new skills firsthand through inhouse training, whether it is welding, preserving food from your gardens, or building a new desk for your home, and much more. Check them out on Facebook or drop by at 218 Kennedy Drive SE in Turner Valley.

Down the street from the Centre is the Sheep Creek Arts Council, on Sunset Boulevard. They have some new classes coming in March. Some include: Wet Felted Purses and Vessels, March 1, Vibrant Painting Classes (Bold Landscape on March 14 and Abstract Realism on March 29), Make Your Own Soft Pastels on March 14, and Silver Clay; Botanical Imprints on March 18. Register early for these popular classes, and you must be a member to attend classes. Membership is super reasonable, to find out more, drop in or visit their website.

There will be an awesome concert coming up on March 6 at the Diamond Valley United Church. "Tuff" is a duo of Paul Rumboldt and Kendra Parsons, and they will entertain you with Newfoundland and Celtic music, traditional and haunting ballads, classic country, folk, and light rock. You can buy your tickets at the Church, Sheep River Library, or Bluerock Gallery. The show starts at 7:30.

On the Edge Concert Series presents Kinjo and Young on March 21, 7:30pm. This will be a fantastic evening of soul, ska, reggae and blues with smooth vocals and guitar. Go to reddeerlakeuc.com/concerts for tickets.


Beneath the Arch Concert Series presents Andrina Turenne on March 28. Andrina is a Franco-Manitoban of Metis descent and mixes rock and roots music. Go to beneaththearch.ca for tickets.

Our own High Country Lodge in Black Diamond is hosting their 2nd annual Drive-By Pie Fundraiser. This year's line-up is apple and sour cherry pies. They are \$25 each and support the Westwinds Communities and our Seniors. Orders are open until March 15, Please pre-order your pies by email, michelle.schmidler@westwindscommunities.ca or by calling 403-933-4028.

If you have any events or news for April, please drop me a line at elaine.w@telus.net before March 15.

Happy Spring everyone!

Elaine Wansleben



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AND BAND

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Flare & Derrick Community Hall, Diamond Valley

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Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca



SHEEP RIVER LIBRARY

When movies are based on true events how do you know if what is being portrayed is actually what happened or how much is poetic license? If you don't feel like doing a deep dive online, then the next best thing is an expert in the field. Most of the movies in the 2026 Hollywood Got It Wrong Series are based on true events, and we have lined up experts who can help us decide how much of what is in the film is what took place. If you are interested in an airplane landing on the Hudson River, then come along and hear retired commercial airline pilot Doug Robertson discuss Sully on March 14. Ever wondered about the Salem witch trials? History professor David Clemis will take on The Crucible on March 21. If you remember the unlikely appearance of a mediocre ski jumper at the '88 Calgary Olympics, you may be interested in what sport psychology expert Carrie Scherzer has to say about Eddie the Eagle on March 28. The series continues in April with writer and Publisher Margaret Curelas coming on April 11 to share her insights on Miss Potter, a movie about the famous

author Beatrix Potter. The series ends up with a couple of fully fictional movies, Black Panther on April 18 and Elemental on April 25. (More about those two in the next issue). All talks begin at 3:00 pm; check the brochure or website for movie start times. Online sign up recommended, links at sheepriverlibrary.ca/News.

We invite you to join us for an evening with Arctic explorer John Dunn. John is a photographer and wilderness traveller with a passion for the Arctic and sharing his images with a wide range of audiences. He has planned and completed over 30 Arctic expeditions totalling some 1200 days in the field, including 13,500 km of sled-hauling. Come and immerse yourself in some stunning images and inspiring stories.

Due to popular demand, we are hosting another Self Defence class on Sunday, April 26 and May 3 at 2 pm. Please reserve your spot by phone or by person. Cost is \$30. If these dates don't work, sign up to be notified for the next course offering.

Coming up in April and May is our Celebration of Black Voices and Emergency Preparedness and Personal Safety Series. More details will be in the next issue, but all information is available at sheepriverlibrary.ca/news

Our conversational French group is now meeting twice a month on the first and third Thursdays at 3 pm. If you wish to keep your French Language skills sharp, then come long and join on the conversation at the fireplace.

Another group that enjoys meeting at the fireplace is our monthly poetry group led by Doris Daley. Participants read poetry written by others which they have found inspiring. Group members also have the opportunity to share their own work based on a monthly prompt sent out by Doris. Most of this original work is available to the public in binders under the News board outside the Manager's office. Poems range from the hilarious to thought-provoking. Everyone is welcome.

As winter hopefully comes to an end, we hope to see you at the library! We have a fireplace to read by.





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COUNCILLOR UPDATE FOOTHILLS COUNTY By Laura Kendall - Division 3

Square Butte

“Sure signs that spring is just around the corner, longer days, migrating birds returning, trees budding and crocuses soon blooming, spring snow storms and calving lights being switched on to watch new life being born on the local ranches” Sue Arkes, local Square Butte rancher.

Our local ranchers have started calving so please be aware that Dark Sky policies are relaxed for agricultural producers to allow them to keep a close eye on the mothers and their little ones during this vulnerable time for their herds. At least the weather is on their side so far!



The Mardi Gras event featuring local entertainers, The Alycin Campbell Band, was a great success. Local businesses donated over \$1700.00 in prizes for the winning costumes at the Square Butte Hall. Looks like it may well become an annual event!

Ag News

MRAS is hiring for an Administrative / Racetrack Support Position. Please call 403-931-3411 for more information or check their website.



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Mental Health Literacy Workshop by Do More Agriculture Foundation at the Lomond Community School on February, 25th, 2026 at 6 PM.

Apologies to print copy readers for this late notification. Check out these mental health resources for upcoming events and resources for agricultural producers. www.domore.ag/about & hayareyouok.ca

Vulcan County is offering a Weed and Pest Workshop free of charge at Champion Community Hall on February 24th, 2026 2 to 530 PM. Again apologies to print readers for the late notice. Call or text 403-618-7407

Invaders of Foothills County hosted by Foothills at Scott Seaman Sports Rink on March 18th from 930-1130 AM. Learn about invasive weeds in our own backyards.



Foothills County

Foothills Fire Department has initiated Community Connect. Steps to connect are:

1. Create an account: email, phone number and address
2. Enter information that matters most during an emergency
3. Help First Responders When Seconds Count. Provides the ability to update your information as it changes to help first responders help you.

Office: 403-603-3571

www.communityconnect.io/info/ab-foothillscounty

Foothills Fire is also hiring a Deputy Fire Chief / Permanent Full-Time www.foothillscountyab.ca/careers

A direct line for tax and assessment inquires at the County has been created. 403-908-9608.

Please take a few minutes to complete our survey and help inform the Annual Plan for Policing and Enforcement in Foothills County. www.foothillscountyab.ca/node/2025

Diamond Valley

The Diamond Valley Library Board is looking to fill vacancies on the Library Board. Apologies for print readers as the deadline is February 24th, 2026. The Diamond Valley Library is also hiring a part time bookkeeper.

Alberta Family Histories Society

A project to digitize our pioneering history is well underway with 70 of @ 265 community books from the 1967 initiative now available online. Check out these extensive websites preserving and celebrating our histories. albertaancestors.ca AND <https://afhs.ab.ca>

Photo credits to Sue Arkes, Square Butte rancher.

Laura Kendall

Division 3 Foothills County

laura.kendall@foothillscountyab.ca



When The End Is Just the Beginning

These past two weeks have been a challenge. Two close friends lost their battle with pancreatic cancer and crossed from this life to their eternal home. In a similar circumstance someone said to me, “Duane, you just have to accept that we are in the land of the living headed for the land of the dying.” Wherever the statement originated, they have it backwards. “We are in the land of the dying, headed for the land of the living.”

Several years ago, while on a flight, I was talking with a gentleman about a well-known personality that had died. At some point in the conversation, the man made the statement that he was not afraid to die. He said, “Death is just another event in life. It’s no big deal.” A few minutes after his statement our plane was struck with lightning. There was a loud noise, a bright flash of light, and a quiet plane. We were

gliding at about 25,000 feet. The man who said it was just another event, grabbed the seat in front of him and was exceedingly pale. I quietly prayed for my wife, family and the well-being of those on the plane. In a few minutes they got the engines running and apart from some electrical damage, we were back on course. The man turned to me and said, “I guess that proved me a liar.” He wasn’t a liar; he was a man who had not come face to face with the reality of life. When the potential of death was in front of him, he did not want to let go of life.

It is not wrong to love life and length of days. Our problem is not having an exit plan for when the end comes. The fear of death often comes from our lack of a practical exit plan, unresolved wrong towards others, and our uncertainty of the process of death and what may come next. Here are some thoughts to ponder:

1. Make sure you have an up-to-date will. Handling the estate can be very complicated without one. Many family disputes have arisen due to the absence of a will.
2. Make sure a trusted family member or friend has the power of attorney. This is particularly important when neurologic weakness develops.

3. Plan your end-of-life celebration. Marva and I planned ours several years before her home-going arrived. In essence, what do you want your life to say?
4. List all bank accounts, investments, credit cards, and monthly payments.
5. Make sure your end-of-life wishes are made known: Burial or cremation. If burial, where? Do you want two plots together?
6. Have you caused offense to people close to you? If so, what needs to be said, or what initiative do you need to take resolve this offense before it’s too late.

To quote the famous words from the movie *Gladiator*, “What we do in life, echoes in eternity”. It is while we are living that we determine what our ending looks like. For me personally, I hold by the words of Jesus, “I am the way, the truth and the life, no man comes to the Father except by Me.” Jesus Christ was God’s provision for the brokenness of mankind. He restores order to our disorder, purpose to our hopelessness, and restoration to our guilt and shame.

Duane Harder


EXPLORATIONS
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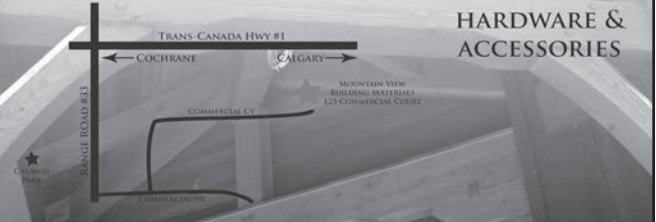
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GREAT WEST RADON

Radon is an invisible, odourless radioactive gas produced naturally as uranium breaks down in soil and rock. Across Alberta—where many homes include basements and modern construction increasingly prioritizes energy efficiency—radon can accumulate indoors and reach levels that increase the risk of radon-related lung cancer. The encouraging reality is that radon exposure is both measurable and fixable, making testing and mitigation powerful acts of prevention that help reduce lung cancer risk.

According to Health Canada, radon exposure is the second leading cause of lung cancer overall and the leading cause among people who have never smoked. Because radon cannot be seen or smelled, most homeowners have no idea whether their homes have elevated levels unless they test. Two neighbouring homes can show dramatically different readings due to differences in soil conditions, construction methods, foundation sealing, and ventilation patterns.

In Alberta, testing results show that radon exposure is a widespread issue. Research indicates that approximately one in six Alberta homes exceed the Canadian radon guideline of 200 Bq/m³, the level at

which mitigation action is recommended. Even more concerning, studies show that roughly half of homes tested in Calgary and surrounding areas exceed the World Health Organization recommended level of 100 Bq/m³, meaning many homes may still pose an increased long-term risk even if they fall below the Canadian action threshold.

National radon awareness initiative Evict Radon has contributed significantly to understanding how radon varies between communities and housing types. Their research highlights that acreage and rural homes often show higher radon levels than urban homes, partly because these houses tend to be larger, sit directly on soil with greater foundation surface area, and often have construction features or ventilation patterns that allow more soil gases to enter. Rural properties may also lack the same municipal infrastructure or soil disturbance patterns found in dense urban development, further affecting radon movement.

The key message emerging from this research is that radon risk is not limited to older homes or specific neighbourhoods. New homes, renovated homes, and well-maintained homes can all experience elevated radon levels. Testing is therefore the only reliable way to determine risk.

Long-term radon testing is simple and affordable. A small device is placed in the lowest lived-in level of the home for an extended period—often around three months—to measure average radon

concentration. Because radon fluctuates daily and seasonally, longer testing periods provide more accurate results and better guidance on whether action is needed.

If elevated levels are found, mitigation systems can effectively reduce radon concentrations. Modern mitigation typically involves safely venting radon gas from beneath the home before it can enter living spaces, along with sealing key entry points to improve performance. When professionally designed and installed, mitigation systems significantly reduce radon exposure and help maintain safer indoor air over time.

Radon mitigation should be viewed similarly to other home safety improvements—like installing smoke alarms or maintaining heating systems. It is a proactive step that protects long-term health. Importantly, mitigation also increases peace of mind and can be beneficial when buying or selling a home, as awareness around radon continues to grow.

Ultimately, radon testing and mitigation are about prevention. Lung cancer caused by radon exposure develops after years of inhalation, meaning action taken today protects families well into the future. Alberta homeowners have a clear opportunity to reduce risk through testing and, when needed, mitigation. By understanding local statistics, recognizing that acreage and suburban homes may face higher exposure, and taking practical steps to address the issue, families can make informed decisions that contribute to healthier homes and communities across the province



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- Recommended 90-day screening period
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This program is intended to help Bragg Creek residents better understand radon levels in their homes and take informed next steps if needed. For full details and booking information, visit: www.kananaskisrealty.ca



CONTACT: MICHELLE GAUDEK
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Office: 404-271-0600
www.kananaskisrealty.ca



STEPHANIE GILKER

A Toast to Women Who Shaped the World of Wine

March brings International Women’s Day, and in true Saint fashion, I love to reflect on the individuals who shape the industries we value. In wine, women have played a defining role in advancing technique, strengthening sustainability practices, and elevating hospitality across generations and continents.

One of the most recognized historical figures is Barbe-Nicole Ponsardin, better known as Madame Clicquot. In the early 1800s, she assumed leadership of her Champagne house and refined the process of riddling, a technique that allows sediment to collect in the neck of the bottle for removal. This advancement helped define the clarity and brilliance that became synonymous with Champagne and she is credited with producing the first iteration of rosé Champagne as well. Her focus on export markets and brand building also positioned her house as an international benchmark, demonstrating both technical skill and commercial foresight.

In Burgundy, Lalou Bize-Leroy has shaped conversations around biodynamic viticulture and terroir expression. Through Domaine Leroy, she has emphasized meticulous vineyard management, low yields, and minimal intervention in the cellar, influencing fine wine production far beyond France.

Canada’s modern wine identity has also been guided by remarkable women. In the Okanagan Valley, Heidi Noble of JoieFarm has built a portfolio known for precision and thoughtful blending. Drawing inspiration from Alsace and the Rhône, her wines demonstrate balance, aromatic clarity, and a European sensibility adapted to Canadian terroir. JoieFarm has become a reference point for how Canadian wineries can express both place and polish.

Ann Sperling of Sperling Vineyards has long been a leader in organic and biodynamic farming in Canada. Her work emphasizes soil health, biodiversity, and site transparency. Over the course of her career, she has helped multiple estates transition toward sustainable viticulture, contributing to a broader national conversation about responsible farming and long term vineyard stewardship.

Beyond individual estates, women across Canada now lead winemaking teams,



Chiara Condello, winemaker from Emilia-Romagna for Condé

Photo Credit: Chiara Condello, @chiaraccondello

manage vineyards, direct quality control programs, and shape export strategy. In regions such as Niagara, the Okanagan, and the Similkameen Valley, their influence can be seen in the rise of cool climate varietals, refined sparkling wine programs, and an increasing focus on site specific expression.

Globally and domestically, the contributions of women in wine are technical as much as creative. They have advanced fermentation practices, improved vineyard management, strengthened sustainability initiatives, and elevated how wine is presented and shared. As we mark International Women’s Day this March, exploring the stories behind the bottles we enjoy adds another layer of appreciation. Understanding who guides the vineyard decisions, oversees harvest, crafts the blend, and leads the business brings depth to every glass.

The history of wine is long and continually evolving. Women have been instrumental in shaping that evolution, contributing expertise, innovation, and thoughtful leadership that continue to define the industry today.

As someone working in the wine industry, I feel fortunate to experience these wines firsthand and to witness the care behind them. Tasting through portfolios, visiting



Condé Rosé Sangiovese, imported by 2851 Selections

vineyards, and sharing bottles with guests and clients connects me directly to the people who craft them. Being a woman in wine today means participating in a community built on knowledge, curiosity, and collaboration. It is a privilege to pour wines shaped by such thoughtful leadership and to contribute, in my own way, to the evolving story of this industry.

Cheers!

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

Article Sources: Wines of British Columbia producer profiles and industry reports, Wine Enthusiast Magazine, features on women in global wine leadership, Robinson, Jancis. The Oxford Companion to Wine, 4th Edition, Wines of British Columbia producer profiles and industry reports.

Photo Credit: Stephanie Gilker



Stephanie Gilker

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Website



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Weight Loss Injections Follow-up Q&A PART 2

GLP-1 medications are no longer a quiet medical tool. They're front-page headlines, trending on social media, and reshaping how we think about weight loss. But what exactly are they? Originally developed to treat type 2 diabetes, GLP-1 receptor agonists work by mimicking a natural gut hormone that regulates appetite, blood sugar, and insulin response. For many women in midlife and menopause, when metabolism shifts and stubborn weight gain feels inevitable, these medications have become a powerful new option. Yet the prescription is only part of the story.

In this article, Dr. Peter, from Calgary MediSpa and Family Medical Centre, continues the conversation with a practical Q&A focused on what really matters beyond the prescription: how to support your body with the right nutrition, what drives long-term success, and why weight regain can happen. Whether you're just

learning about GLP-1s or already using one, this guide is designed to help you understand how to get results that last.

1. How important are diet and exercise when someone is using a GLP-1?

Dr. Peter: Let me be crystal clear: GLP-1 medications are tools, not magic bullets. Here's what the research shows—and what I see daily in my practice:

- Protein is NON-NEGOTIABLE: You need 1.6-2.2g per kg of ideal body weight daily. For a 150-pound woman, that's 110-150g of protein daily. Why? Because when you lose weight rapidly, your body doesn't distinguish between fat and muscle—it burns both. Adequate protein signals your body to preserve muscle.
- Resistance training 2-3x weekly: This is the difference between losing 30 pounds of fat versus losing 20 pounds of fat and 10 pounds of muscle. Muscle loss destroys your metabolism and makes regain inevitable.
- Daily movement: Even 7,000-10,000 steps improves insulin sensitivity independent of weight loss.

I've seen women lose 40 pounds on GLP-1s but become WEAKER because they didn't lift weights or eat enough protein. They looked smaller but felt worse —low energy, poor strength, sagging skin.

2. Can someone lose weight on a GLP-1 but still harm their health if they don't train or eat properly?

Dr. Peter: Absolutely—and this is my biggest concern as a physician. Here's the danger: If you lose weight without protecting muscle mass, you're setting yourself up for:

- Metabolic damage: Losing 10 pounds of muscle can drop your resting metabolic rate by 500 calories daily—making regain almost inevitable.
- Sarcopenic obesity: You look thinner but you're actually 'skinny fat'—less muscle, weaker bones, poor metabolic health.
- Bone density loss: Especially critical for menopausal women already at risk for osteoporosis.
- Functional decline: Difficulty climbing stairs, carrying groceries, maintaining independence as you age.

I had a patient lose 35 pounds on semaglutide but couldn't get up from a chair without using her arms because she lost so much leg muscle. We had to pause medication and rebuild her strength.

The goal isn't just a lower number on the scale—it's a HEALTHIER, STRONGER, more functional body.



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3. If someone stops using a GLP-1, will the weight automatically return?

Dr. Peter: The honest answer: for most people, yes—unless they've addressed the underlying drivers.

The STEP-1 trial showed that within one year of stopping semaglutide, participants regained about two-thirds of their lost weight. Why?

Because obesity is a chronic disease. It's not a moral failing or lack of willpower—it's a biological condition involving:

- Dysregulated appetite hormones (leptin, ghrelin)
- Altered brain reward pathways
- Metabolic adaptations that defend your previous weight
- Environmental and behavioral factors

Think of it like this: If someone with high blood pressure stops their medication, their blood pressure returns. Same principle.

However, weight regain ISN'T inevitable if you:

- Continue strength training (protects metabolic rate)
- Maintain high protein intake (1.6g/kg minimum)

- Manage sleep and stress (controls appetite hormones)
- Consider maintenance dosing or cycling protocols
- Have ongoing medical support and accountability

GLP-1 medications can be incredibly effective—but the bigger conversation is about how and for how long they fit into someone's health journey. In the next article, Dr. Peter dives deeper into the most common questions patients are asking now: how GLP-1s are used short-term versus long-term, how they may work alongside hormone replacement therapy, and what predicts long-term success. If

you're looking for clarity, personalization, and informed decision-making—not

hype—the next Q&A will help connect the dots.

If you're a menopausal woman struggling with weight despite doing everything 'right'—or if you're considering GLP-1 therapy but don't know where to start—Dr. Peter and his team at Calgary MediSpa are here to help.

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

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CDN Trademark

Regarding the trademarking process, we would need to conduct a trademark search in Canada to see if your trademark has been registered or applied for. The cost for this is \$375 plus GST per trademark.

If the search results are positive and there are no conflicting trademarks found, we would then proceed with the filing of the trademark application. The initial cost for the Canadian trademark application is \$1,800.00 plus GST plus \$478.15 government filing fee. This government fee is based on filing one class of product or service. There will be an extra government fee of \$145.12 for each additional class of products or services. In approximately 3-4 years, the application will be examined by a trademarks examiner and if they oppose your trademark they will then issue an Examination Report. We would then be required to file a Response back and depending on what work would need to be done then the cost would be approximately \$200 to \$600.

There is a chance that we could receive more than one Examination Report resulting in more fees being due. If the application is approved then it will proceed to be advertised in a Trademarks Journal which gives anyone in the public a chance to oppose your trademark if they wish. If there is no opposition to your application, it will then proceed to registration.

Your trademark is registered for 10 years. In order to maintain your trademark registration, you are required to file for renewal with the Trademarks Office and pay a renewal fee every 10 years. If you do not, your trademark will be expunged from the Trademarks Office. In the event you choose to have us apply for a trademark which could be argued to be descriptive or suggestive of your product or service, we want to make you aware that the Trademarks Office will very likely oppose our application on that basis.

A successful trademark needs to be a brand name for your product or service, not a generic description of the product or service. This is very important for you to understand. If you choose to have us apply for a generic or descriptive trademark, we will do our best to persuade the Trademarks Office to allow our application, but you need to be aware that we could ultimately be denied.

The purpose of registering your trademarks is to make sure that no one else can ever use them and cause damage to your reputation and your brand. If someone else uses your name, you will have lost significant revenue since customers will contact your competitor when they meant to call you. You will lose again if the competitor has a bad reputation as that bad reputation transfers over to your trademark. This in turn will cause people in the future to not call you because they've heard negative things about your business when in fact it wasn't your business which created the negative reputation.

Secondly, if someone else registers your name as their trademark you will be forced to change your name and lose all of the goodwill and reputation that you have earned and created for your business. No one would willingly allow that to happen but that is exactly the potential result of not protecting your name as a federal trademark.

Note there are 2 types of trademarks, phonetic and visual. A phonetic trademark protects the sound of the alphanumeric characters spoken out loud. Therefore 7-Up is the same as SEVEN UP, since it is the sound of the trademarks which is being registered and secured against any competitors. Similarly, the number 5 and the word FIVE are the same trademark.

With a visual design, also known as a logo, it is the appearance of the design which is protected. The design could include or not include alphanumeric characters. An example of design which does not include alphanumeric characters is the Shell logo. An example of one which does include such characters is the Esso logo.

If you have a visual design or logo, both the logo and the phonetic trademark need to be secured by filing applications in the Trademarks Offices in the countries where you wish to sell your products or provide your services. For example, if you plan to promote your trademark or your business in the US, we need to file in Canada and US. If you want to secure your trademark overseas we need to do searches and applications in the countries in which you plan to do business.

Successfully filing to register your trademark whether it be a phonetic trademark meaning the sound of the words, letters, numbers, graphic design or logo, is the only way to protect the trademark in Canada or the US. Incorporating your business will not protect the name of the business at all. Your trademark will be registered for 10 years and your registration can be renewed every 10 years for an unlimited number of terms. So long as you continuously use your trademarks and

make sure that you renew their registration, they will never expire.

Having a registered trademark puts you in the position of being able to control who is allowed to use your trademark anywhere in Canada since this is Federal jurisdiction. You can license your trademark to any number of licensees that you wish. If you are buying or selling a franchise, the most important asset of the franchise are the registered trademarks owned by the franchisor.

Not registering your trademarks leaves you in jeopardy of having anyone else use your trademarks without your knowledge or consent, thereby diminishing the value of your trademarks. It could also result in your losing the right to use your trademarks by virtue of someone else registering the trademarks and owning them and then being in a position to demand that you change the name of your business to something that is quite different from what it has been up until then. Imagine the damage to your business if after 5 or 10 years of using your trademarks you are forced to stop using them and change your name, signage, marketing materials and even your phone number.

You want to protect your good name and reputation or the name and reputation that you may have already worked very hard to create and to build up. Federally trademarking your name plus any graphic designs, logos or slogans is the only means to do this. You have worked very hard to create a good reputation; why let someone ruin it? Worse yet, why permit someone else to take your name, use it without your consent and to even go so far as to register it as their trademark? You can imagine the damage to your reputation in business of that were to occur.

Please note that you are not legally able to register a trademark which you know is being used by a competitor.

1. First of all your trademark application will be denied because you are not the first one to use the trademark;
2. Secondly it is an offense under the Federal Trademarks Act to secure the registration of a trademark which you know is being used by a competitor;
3. You could be sued by the competitor for having applied to register a trademark which you knew they were using previously.

In any event why would you want to have the same name as a competitor? For all you know the competitor does not have a good business model or does not treat their clients or customers very well. Any poor reputation of your competitor will inevitably transfer over to you.

As a result you could end up losing customers that you didn't even know you were going to have because of the negative reviews they read about your competitor who is using the same name.

Would it not be better to create your own unique trademark name and visual designs/logos that you can own and which no one else has ever seen before? That way you can build up your own reputation and goodwill and really own it instead of sharing it with someone else. If you build up a good reputation and goodwill you will inevitably be sharing that with your competitor because the public will have no idea that these are 2 different businesses owned by different people.

Please note that if you have a trademark or trademarks for which your company is the applicant and the company will own the trademarks, it is very important to make sure that the company which owns the trademarks has as little debt as possible. If the company is put into receivership or bankruptcy, you will lose the trademarks because the receiver or bankrupt

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MORTGAGE MATTERS by Candace Perko

Using a Mortgage to Restore Your Credit

When your credit score has taken a hit, it can feel like you're stuck in a financial holding pattern. Missed payments, high credit card balances, collections, or past consumer proposals can linger on your credit report for years. However, one of the most effective, and often overlooked, ways to rebuild credit in Canada is through a properly structured mortgage.

A mortgage is not just a way to buy a home; it can also be a powerful credit-repair tool when used strategically.

How Credit Scores Are Calculated in Canada

Before understanding how a mortgage helps, it's important to know what drives your credit score. Canadian credit bureaus (Equifax and TransUnion) generally weigh:

- Payment history - the most important factor
- Credit utilization - how much of your available credit you use

- Length of credit history
- Credit mix - types of credit you carry
- Recent credit inquiries

A mortgage directly improves several of these factors at once.

4 Ways A Mortgage Can Help Rebuild Credit

- 1. Establishes Strong Payment History**
A mortgage is a large, long-term installment loan. Making consistent, on-time payments every month demonstrates reliability to lenders and credit bureaus. Over time, this positive payment history can significantly improve your credit score. Even one year of perfect mortgage payments can make a noticeable difference.
- 2. Improves Your Credit Mix**
Credit scoring models reward borrowers who can manage different types of credit. Many people with bruised credit rely heavily on revolving debt like credit cards or lines of credit. A mortgage adds an installment loan to your profile, strengthening your overall credit mix.
- 3. Reduces High-Interest Debt**
In many cases, a mortgage (or refinance) can be used to consolidate higher-interest debts such as credit cards, personal loans, or payday-style products. Paying off these balances can:

- Lower your credit utilization
- Eliminate missed or minimum payments
- Improve monthly cash flow

This combination often leads to faster credit recovery.

- 4. Creates Financial Stability**
Stable housing and predictable payments reduce financial stress and make it easier to stay current on all obligations. Lenders view borrowers with housing stability more favourably over time.

How Long Does Credit Recovery Take?

Every situation is different, but many borrowers see meaningful improvement within 12–24 months if:

- Mortgage payments are made on time
- Other debts are managed responsibly
- New negative credit events are avoided

A mortgage can be one of the most effective tools for restoring damaged credit when approached strategically. By creating strong payment history, improving credit mix, and reducing high-interest debt, a mortgage can help reposition you for better financial opportunities in the future.

Candace Perko, Mortgage Broker

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Foothills County Real Estate: How 2025 Performed and Likely Trends in 2026

As we look toward 2026, the Foothills County real estate market has entered a refreshing period of balance throughout 2025.

While the rapid pace of previous years has eased, it has been replaced by a steadier, more traditional environment for Sellers and Buyers. Defined by its unique blend of typography, privacy, natural beauty, and proximity, the region remained a primary choice for those seeking a retreat from the urban pace.

2025 Retrospective: A Market of Steady Performance

The 2025 Rural Foothills market remained steady and healthy, with demand clearly concentrated in properties priced under \$1.5 million. Key factors on price point, property type, with horse properties, view parcels, larger land size, river or water features, and well-improved acreages continue to command strong interest. Buyers were active but strategic, rewarding homes that were thoughtfully presented and positioned correctly from the start.

The High-Volume Segment (\$700k – \$1.5M):

Functioning as the powerhouse in the market, this bracket recorded 147 sales. Properties in this range moved efficiently, with a median sale price of \$1.195 million and an average of 42 days on market.

The Move Up Tier (\$1.5M – \$2M):

This segment of the market captured 70 sales in 2025, at a median sale price of \$1.678 million. It offered larger homes and or larger acres and saw an average sales-to-listing price of 97%, with 9 of them achieving 100% or more over the listing price. Success in this segment depended on realistic pricing and strong positioning.

The Prestigious Pocket (2.0 M-\$3.0M):

In the \$2 million to \$3 million segment, 26 properties sold in 2025, with average days on market sitting near 90 days, underscoring the enduring appeal of the Foothills' most exclusive properties. Activity here was more selective, with buyers focused on estate-level homes, privacy, craftsmanship, and meaningful land value. While timelines were longer than in the mid-range market, well-positioned properties continued to transact.

The High-end Market: (\$3.0M +)

Above \$3 million, the ultra-luxury acreage market remained a small but meaningful niche, with 5 sales ranging from \$3.1M to \$10M, up from 3 in 2024. These estate-style properties attracted high-net-worth buyers seeking privacy and scale, selling with a median of 124 days on market and a median sales-to-list ratio of 92.5%, reflecting the negotiation typical at this level.

Raw Land:

Land demand also remained a meaningful indicator of confidence, with 69 land sales and an average of 96 days on market. Parcels with strong build potential, attractive settings, and practical access continued to draw interest, reinforcing the long-term appeal of Foothills land ownership.

Final Thoughts & Expectations for 2026

The Foothills real estate market is settling back into a more familiar and balanced rhythm. Well-priced, well-presented rural properties continue to sell successfully,

while unrealistic pricing is quickly reflected in longer days on market or price reduction—though homes are still moving faster than in the pre-2020 market. Interest in a country, nature-focused lifestyle remains strong, and that ongoing demand continues to support steady sales growth across the region.

For buyers, 2026 offers more time to evaluate options and better negotiating conditions. For sellers, success will depend on understanding where your property fits in the current market and setting expectations accordingly.

As always, local knowledge matters — especially in a market as varied as Foothills County.

For myself and our team, I know we truly value the opportunity to work in such a beautiful setting, and we're proud to offer our 30+ years of experience to help clients confidently find where they fit within the Foothills market.



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ANDREA KIDD

Waiting

Yesterday, I was waiting in the waiting room of a medical center. A couple of other people were waiting too. We Canadians often wait. We wait at the gas pump for the gas tank to fill. We wait at the 'fast food' counter for a meal. We wait in the airport during a layover.

I was 'dressed' in a 'gown' waiting for the technician to call my name and I wondered whether waiting was really an opportunity given by God to consider the things that are important to Him, for example, getting along with my neighbor. But my mind was wandering. I looked down at my hands folded in the folds of the medical center's blue cotton wrap and remembered one July day (many years ago) when I 'dressed' in my wedding 'gown' to walk down the aisle and pledge my life, before God, to my fiancé. I had bathed, had my hair perfectly coiffed and topped with a flowery tiara and veil, and allowed friends to carefully zip my dress and arrange the folds.

But I was away in a different time. I shook my head to dispel my reverie and come back to the present. I looked on the table for a magazine. There were no magazines! It seems magazines are not supplied in waiting rooms any more.

The other 'waiters' in the waiting room got out their phones and scrolled around on them.

Where do you put your eyes when there is no magazine and you are not scrolling through Facebook? I avoided staring at my fellow waiters, but stole the odd glance. It's strange how we try to avoid

each other. We pick the seat that's furthest from anyone else and immediately get busy with a phone, a magazine, a novel, check fingernails, anything but connect with a stranger in the clinic. My fingernails were best left alone, I had no novel or magazine and I have no data on my phone. So, I stared at the picture on the wall. The picture was frameless. It was a painting of a sort-of-white chrysanthemum on a sort-of-white background mounted on a wall that was sort- of-white. It held my attention for a while. But not for long.

My mind wandered again. The radio was playing in the background, tuned to the local radio station. A country singer was asking who would love me if he didn't. I wondered who might love me if my husband didn't.

Oh! Of course! You God! You never give up on me! You don't like everything I do, but your love always reaches me. Sometimes I forget that, but your mercy and unending love are my constant companions.

Then a couple of commercials came on. The first was a gal reading her script advertising wedding rings from a jewellery store. She read it with a monotonous deadpan voice, as though it were an extract from the Oxford Dictionary. The second was a guy advertising car tires. He sounded as though he had just won the \$25 million lottery jackpot. I wondered, are people really more excited about choosing car tires than choosing a wedding ring?

A smile must have crinkled my face and I caught the eye of a young woman opposite me. She smiled and we laughed at the joke.

"That's a really nice little store," she said. "I bought a cute little necklace there for my daughter's kindergarten teacher - better than a gift card for coffee."

Then I told her about Ian Cunningham, one of my Grade One students who gave me his mother's earrings as a Christmas present. We chuckled and chatted about how schools no longer teach cursive writing (or do they?) - until her name was called. We both had more to say. We enjoyed the human connection we had built. We parted with smiles.

Another woman came into the waiting room, ready to wait to be called. "Come and sit over here, next to me," she said with a smile, "I'd like to talk to you."

Surprised, I complied.

We chatted about the weather. She told me she walks with her dog in the mornings; how the sun tipping the snowy mountain peaks with a golden-pink glow delights her; how good God is to give us serendipities to brighten the troubles of the day.

I am glad there were no magazines in the waiting room of the medical center! God wants us to connect with Him; He wants us to connect with other people. He knows what is good for us.

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

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OUT OF THE RUT by Kat Dancer

Chapter 187

It's that month again, the annual moment of struggle as I endeavour to remember how many circumnavigations it's been. 61 this year. So much fun, so many journeys, so many adventures. So many more happening on a daily basis and hopefully for many more to come.

Between bouts of torrential rain and bizarrely gale-force winds, it's been a different winter this year. We've been persisting with daily - or almost daily - walks to keep all things moving. There's classes of various flavours to keep the mind and creativity flowing along, and of course, I've been so blessed with an abundance of gorgeous Andalusian horses with whom to work.

There's a distinct, entertaining, language barrier. The trainer who runs the yard is a pretty rustic type, I'm not sure he has much enthusiasm for the written word. His local dialect can be even more challenging than the obvious hurdle of my less than impressive grasp of the Spanish language. Trying to get even the basic information about the horse and its history before I work with them is entertaining. I'm so glad that the language I use with the horses is universal, subtle and reciprocal.

I visited the fisioterapeuta today, in addition to keeping my body functioning while I'm out of reach of Darren (our fabulous Bragg Creek Chiro') he's the horse enthusiast who connected me with the barn. Thus the first several minutes of our appointment

are devoted to excitedly discussing various horses and their issues...in my convoluted Spanish. I later have to send a message clarifying my ideas, in case he talks to his friends - at least one of whom owns one of the horses. I'm sure people think I understand way more than I do, apparently my accent is quite good, more acceptable than a lot of the foreigners I hear speaking Spanish in such crunchy English accents it's a bit hard on the ears. I guess travelling the world with a Puerto Rican musician for over a decade has rubbed off on me just a bit.

Speaking of whom... Fantuzzi is in Chile on his long-anticipated South American tour. I'm only slightly jealous that I'm not there on this one. We compare notes frequently. He is fortunate that his eldest son Kahlil is with him. Kahlil has the same facility as his father making connections and creating extraordinary opportunities. They have already got a couple of gigs under their belts, playing with local musicians, and others with whom we have crossed paths in prior years and countries. It's amazing how we are all so interconnected. The only boundaries really are artificial ones.

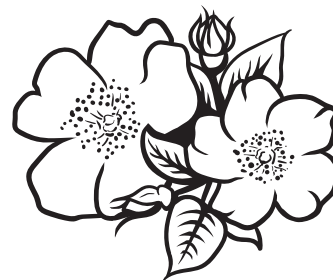
Monday afternoon, another fun art class with Félix Clemente Gerez who is deeply challenged by Mum and myself. He leaves us alone until a painting is well advanced, then he visits to ask a question. More often than not, I have to get translation help from Mum, often she has to recruit Dami, friend and aspiring artist, to help further with the intricacies of local dialect. We try to understand what Félix means. Even so, he wants to pick up palette knife or brush and make changes - No toca! We cry. Explicarme. I want him to explain, if he makes changes himself, I am faced either with accepting a Félix version of my painting, which is frequently not what I originally intended, despite his brilliance.



Or I have to scrape it all off and redo part or all of the work, losing elements that I really liked. It's a big challenge as he struggles to explain what he thinks is wrong, we in turn struggle to understand what he means. I like to paint things not always familiar to him, he wants to make my horses look like burros as that's what he knows. His art reflects strongly upon his childhood years and memories of standing on shore lighting the way home for his fisherman father. If you want an ocean scene or a boat, he's your man. His Spanish landscapes of mountains and pueblos are extraordinary. One day I'll feel inspired to try my hand at one of them. I'll add one of my watery scenes to this missive for your entertainment.

I hope your way home may be lit for you always, the wind at your back and the sun in your soul.

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LAURA GRIFFIN

Heavenly Hoarfrost Hikes

There is something magical about going to sleep in the winter and waking to the landscape covered in hoarfrost. It is one of my favourite times to go on a winter wander as everything from a blade of grass to a supersized spruce tree seems to be glowing in the brilliant white of the frost. I feel like I'm walking through a scene on someone's christmas card. It reminds me of the white paint on the fake trees of my dad's old train set, and leaves me with the same feeling of how can this be real? But nature is full of surprises and science.

Hoarfrost itself is a delicate crystalized frost that clings to solid objects. It gets its name from the old English meaning of "hoar" which means "showing signs of age", which if you have talked to any middle aged person, it makes sense as they are always teased when they get their first white or grey hair for getting old. I wonder if the trees feel old as they wear their wigs of frost?

In order for hoarfrost to form you need some weather conditions to line up. The first is a lot of moisture in the air. This could be from a moist air mass moving into an area, an open source of water like a lake or even from the snow that is on the ground. The next thing you need is a cool, clear night, indicating the moisture in the air is gaseous water vapour. The water vapour is supercooled, which means it is below zero degrees when water should be frozen, but because it is so tiny it cannot freeze. That is until it touches a solid surface. As soon as it contacts a frozen object the water changes from its gaseous state to a solid ice state instantly in a process called sublimation. These tiny ice crystals build up as new water vapour hits them leaving behind the intricate patterns we see in the morning.

The second set of crystals we can find, which can be mistaken for hoarfrost, is rime ice. It is a similar process except it happens on foggy nights, and because we can see the fog it means the moisture in the air is actually liquid water droplets. They are still tiny and supercooled and will freeze instantly when they meet a solid frozen object. If the wind is blowing when rime ice forms you can actually tell from which direction in the morning as all the

spikey ice crystals will have formed on the wind facing side of the object. Very cool, pun intended.

'Weather' you have awakened to the fluffy crystals of hoarfrost or the spikey frost fixtures of rime ice, it is a delight on the

eyes. I encourage you to take a hike and try to figure out what way the wind was blowing the night before, see how high some of the crystals grew, or just marvel at the beauty of nature.

Photo by Laura Griffin



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ROCHE HERBST

UNDERSTANDING ADHD & AUTISM

WHAT CAUSES ADHD AND AUTISM?

Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) are two neurodevelopmental disorders with complex causes. Both are believed to result from a combination of genetic and environmental factors. Biological genetics and epigenetics play a significant role. Family history increases the likelihood of developing these conditions (hereditary) and the external environment can trigger the manifestation of certain genes (epigenetics). Environmental influences, such as prenatal exposure to toxins, complications during pregnancy or birth and early childhood experiences, may also contribute to the risk. However, the exact mechanisms and causes remain under ongoing research.

WHAT IS THE CONNECTION?

ADHD and ASD can occur and overlap together. However, they have some distinct features. While both can affect behaviour, communication and social skills, it is important to understand their similarities and differences which are needed for effective support and treatment outcomes.

HOW ARE THEY ALIKE?

ADHD and ASD share several symptoms to include difficulties with attention, impulsiveness and social interaction. Individuals with either condition may

struggle to regulate their emotions, manage routines and to interpret appropriate social cues. Furthermore, both conditions can impact academic performance and relationships. This is key for implementing early intervention.

WHAT IS DIFFERENT?

Despite some overlapping behaviours, ADHD and ASD are fundamentally different. ADHD is characterized mainly by inattention, hyperactivity/impulsivity and difficulties with organization. The key feature of ASD is defined as challenges in socio-emotional communication and restricted, repetitive or stimming behaviors. People with ASD may have very intense or definitive interests and sensory sensitivities, which are seen less in ADHD. Clinicians noted a distinct onset and presentation of symptoms in both conditions. ASD is typically evident in early childhood (Kindergarten and earlier), where ADHD individuals can learn to keep their symptoms in check until it emerges later on in life.

WHAT ARE TREATMENT OUTCOMES?

There are many treatment interventions for ADHD, but typically a combination of psychotherapy and medication are recommended. The aim is to improve attention, reduce hyperactivity and regulate emotions. ASD interventions focus mostly on behavioural therapies and social skills training. Depending on the degree of severity and co-existing conditions, medication can help to manage symptoms. Treatment needs to be customized according to each person's unique set of variables and depends on

early diagnosis and consistent support. Many individuals can achieve improved functioning and quality of life with proper care.

Understanding the nuances between ADHD and ASD is essential for families, educators and clinicians. By recognizing both the overlaps and differences, treatments can be better targeted, leading to more positive outcomes for those who are affected.

Sources: Lau-Zhu A, Fritz A, McLoughlin G. Overlaps and distinctions between attention deficit/hyperactivity disorder and autism spectrum disorder in young adulthood: Systematic review and guiding framework for EEG-imaging research. Neurosci Biobehav Rev. 2019 Jan; 96:93-115

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