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Community Update

A successful Oktoberfest and exciting plans ahead!

We are delighted to share the incredible success of our recent Oktoberfest celebration! Thanks to the overwhelming support from our community, we raised \$2,860 for the Bragg Creek Community Centre. This contribution wouldn't have been possible without the hard work and generosity of our amazing volunteers, attendees, and local partners. A huge thank you goes out to Bragg Creek Distillers, Von Essen - German Bar & Cuisine, The Bragg Creek Bakery, AdMaki Creative, The Kate Reid Band, The Band Peak, and Flint & Feather. Your dedication and support made this event truly unforgettable!

Turns out, our Oktoberfest beer has been a big hit! We're thrilled with the feedback and enthusiasm from everyone who has sampled it. Supplies are limited, so be sure to visit us soon to enjoy a pint or take home some of this seasonal favourite before it's gone!



We're also excited to announce we've begun the development permit process for our new Tasting Lounge & Tap Room, and have submitted another permit for a new sign on Bragg Creek Distillers property. This new space will allow us to offer an even better experience with more room for tasting, events, and a cozy spot to enjoy our handcrafted beers as well as Bragg Creek Distillers whisky &

spirits. Stay tuned for updates as we move forward with this new chapter.

We are currently working on some new brews for spring 2025. We hope to have a pilsner and a couple sours. The feedback this summer on our sample brews was very positive.

The tasting lounge and taproom is located at Bragg Creek Distillers, 27 Burnside Drive in Bragg Creek, just up the road from the ATB. Whether you're a long-time supporter or new to our community, we invite you to stop by, enjoy some great beer, whisky & spirits, and see what we have to offer. Be sure to follow us on our social channels for updates on events and what we're doing.

Thank you again to everyone who helped make Oktoberfest a success and to those who continue to support us. We couldn't do it without you and we look forward to welcoming even more of you in the future. Cheers to the incredible Bragg Creek community and Cheers to the West!



Start with a visit to the Hut in Bragg Creek



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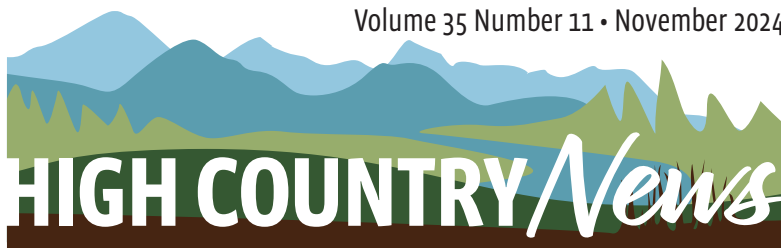
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IN THIS ISSUE...

Communities:	Page
Springbank/Bragg Creek/Redwood Meadows	6/14/23
Square Butte / Priddis.....	26/27
Millarville/Longview.....	28/29
DeWinton/Diamond Valley	30/33

Articles:	
From the Editor	4
Artist Profile	5
MP Update Foothills <i>John Barlow</i>	5
Councillor's Update <i>Don Kochan</i>	6
Councillor's Update <i>Kevin Hanson</i>	10
MLA Update Banff-Kananskis <i>Sarah Elmeligi</i>	11
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	12
Make Your Mark <i>Mark Kamachi</i>	13
Bragg Creek Physiotherapy	15
Bragg Creek Wild.....	17
Councillor's Update <i>Suzanne Oel</i>	34
Councillor's Update <i>Barb Castell</i>	35

Lifestyle:	
Duane Harder.....	36
Ask Cara - An Everyday Advice Column <i>Cara Chalmers</i>	38
Mortgage Matters <i>Candace Perko</i>	40
Get Ripped <i>Jari Love</i>	41
Andrea Kidd.....	42
Out of the Rut <i>Kat Dancer</i>	43
Laura Griffin	44
Kids Zone	45
ADHD and Natural Remedies <i>Roché Herbst</i>	46
Classifieds.....	47
Business Directory	Back Cover

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LETTER FROM THE EDITOR

November has a mixed feeling. For us living in the foothills, fall's hasty retreat gives way to winter a little too soon. But as the snow settles in the mountains, their evident beauty is magnificent.

In this month we can anticipate the festivities and markets that many of our communities host.

It is an opportunity to support our local artisans and encourage them to continue their creative efforts. The items we purchase from them feel more valuable as you know the effort that they've put into their craft.

Before the Christmas festivities and planning, the month starts with the sombre tone of Remembrance Day. We stop and remember the sacrifices of men and women who battled against tyranny and injustice. Giving up so much in order that those who come after them would enjoy life and the freedoms we often take for granted.

As I've written before, Remembrance Day takes a special tone for our family as my

wife's grandfather was part of the Dieppe Raid and then a POW for the remainder of the Second World War. Had he not survived, Heather's mother would not have been born. We were recently going through some of his artifacts. Reading how he was treated as a POW, it's truly a miracle he survived. Their final march (named the Death March) from Stettin, Poland to where they were rescued by the Americans in the Black Forest Mountains saw over 85% of the prisoners pass away. He was one of the 15% who survived.

We live in a precarious time where tensions between nations are at an all time high. Most of us won't be able to influence the course of international affairs. However, we can influence the local community making

it a better place to live. Here are three questions you could ask yourself:

- 1) How will you support the local businesses?
- 2) If you have disagreement, is it worth breaking relationships what can you do to help resolve it?
- 3) How can you serve those around you?

If we're a tyrant, our community will give way to a tyrant. If we value the well-being of our neighbour, tyranny won't have a foothold.

I hope you can take the time to appreciate what's been entrusted to us by the sacrifice of those who've gone before.

From my family to yours, Lowell Harder



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11:30am - 1:30pm

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BRAGG CREEK Community Church

THE Hub



COVER ARTIST PROFILE

Charmaine Carton is a long-term Foothills resident and amateur artist. She began to paint five years ago after spending many years riding horses on the mountain trails of the eastern slopes. After closing her equestrian chapter, she set her focus on photography and painting and chose familiar subject matters – local landscapes and wildlife. This acrylic painting is a morning autumn scene from her acreage looking towards the majestic Rocky Mountains.

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.



MP UPDATE - FOOTHILLS

John Barlow

We Remember

We gather as a nation on November 11th, the solemn occasion of Remembrance Day, to pay tribute to the brave women and men who have made the ultimate sacrifice in service to our great country.

We remember the heroes who stood valiantly in the face of adversity defending the values and freedom which define Canada.

We have a duty to remember the soldiers who stood tall against tyranny and oppression to defend our country, our values, and our families. Many who served have left us, others fell in combat and many names who have been lost to history. To all who served, we honour their memories by upholding the principles they fought for: peace, democracy, and justice.

What was once a living memory for most of us who listened to the stories from our

parents and grandparents, is now rapidly passing into history. It is up to each of us to ensure those memories, these important moments in our history are not forgotten.

We wear a poppy as a small way to thank the members of our armed forces for all they have done and remember their sacrifices and achievements. We will forever be indebted to our veterans for their courage, their sense of duty, their commitment, and their selflessness.

We must always show our gratitude to those who made the ultimate sacrifice for our freedoms. Today, perhaps more than ever, it is integral we stay on the right side of history by continuing to defend freedom and democracy in Canada and shoulder to shoulder with our allies around the world.

To all those fallen soldiers and to all the veterans who experienced the horrors of war and paid the price for their devotion, I say thank you. Your sacrifices helped build a nation; a nation, strong, proud and free; a nation in which we should all be proud.

Lest we forget.

John

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Christmas Open House

Saturday, December 7 • 12 - 5pm

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In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from falling hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

JOHN MCCRAE



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

New Chief Administrative Officer (CAO) - Rocky View

County is welcoming a new era of leadership with the appointment of Reegan McCullough as the Chief Administrative Officer (CAO). Reegan began his role on October 1. His leadership will be crucial as we continue to enhance our services, manage growth responsibly, and maintain the high quality of life our residents have grown to expect. McCullough brings a wealth of experience from both public and private sectors. His previous roles include serving as the CAO of Sturgeon County and as the CEO of the Niagara Parks Commission. His background encompasses extensive experience in rural development, infrastructure management, and strategic planning, making him a strong fit for the challenges and opportunities facing Rocky View County.

2024 RVC Organizational Updates

– An organization meeting was held on October 15th and the following new appointments were made: Council voted to select Division 3 Councillor Crystal Kissel as Reeve and Division 2 Councillor Don Kochan as Deputy Reeve. As well, Council selected Reeve Crystal Kissel and Deputy Reeve Don Kochan for the Calgary Metropolitan Region Board. Council also approved the creation of the Policy Review Advisory Committee on October 8, 2024. Reeve Crystal Kissel, Deputy Reeve Don Kochan, Councillor Samantha Wright were selected for the committee.

Springbank Area Structure Plan

(ASP) – A lengthy public hearing was held on October 2nd, 2024. There are a number of amendments that Council wishes to introduce therefore the Springbank Area Structure Plan was referred to Administration to allow Administration time to compile

amendments received from Council, Administration, and further discuss with the City of Calgary proposed amendments. The Area Structure Plan will return to Council for consideration before the end of November 30, 2024. Please visit www.rockyview.ca/springbank-area-structure-plan for the ASP details.

Petro-Can Application – A special public hearing for Petro-Can's application to relocate the station from the current Hwy 22 location to just east of Edge School occurred on September 25th, 2024. Many written submissions and public presentations were received voicing their concerns of such a business entity at this location of the community. The biggest concern expressed was on how the traffic was going to be managed, citing how young drivers from the nearby schools and huge B-train trucks are not a good mix. As well, they pointed out once Bingham Crossing develops a lot of pedestrian traffic will occur and have to cross a busy RR33. After considering all presentations, Council unanimously voted to refuse the application since it was not in compliance with County policies and not an appropriate fit in the community.

Westview Interchange Functional Planning Study - Melcor

Developments and Qualico Communities, in collaboration with the City of Calgary, Rocky View County, and Alberta Transportation and

Economic Corridors, are developing a functional plan for a new interchange along Highway 1/TransCanada Highway. This new interchange will be located east of Old Banff Coach Road and west of the Valley Ridge and Crestmont neighbourhoods and will accommodate all modes of transportation. The interchange is designed to provide access to new residential neighbourhoods planned for the west of Valley Ridge and Crestmont as part of the West View Area Structure Plan. There are four options that are being considered and an online survey is available at engage.calgary.ca/westview should you wish to provide input into the project. The project has great potential in reducing traffic on Old Banff Coach Road and RR31. For ongoing project updates or more information, visit engage.calgary.ca/westview or email info@islengineering.com

Vacation rentals - The County is considering stricter regulations on vacation rentals, short-term accommodations rented for up to 30 days, to address community concerns. The proposed regulations would allow vacation rentals only on properties where the owner resides. All bedrooms used for rentals would be required to pass a Fire Smart safety inspection. There may also be limits on the number of guests allowed, requirements for adequate onsite parking, and more. An online survey is available from

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September 16 to October 15 at engage.rockyview.ca. You may also contact the project team to arrange an in-person meeting. Important Dates • What We Heard Report: October 25 • Public Hearing of Council: Proposed Land Use Bylaw amendments scheduled for November/December 2024

Bow River Flood Mitigation

Reservoir - The Province of Alberta has selected the Ghost River area for the future flood mitigation dam. This means that a number of properties in Springbank Heights Way would not have to be expropriated to accommodate the floodway. This also confirms the ongoing viability of Glenbow Ranch Provincial Park, Haskayne Legacy Park and the proposed Trail from Calgary to Cochrane for generations to come.

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



SPRINGBANK HERITAGE CLUB

Springbank Heritage Club continues to add to its list of fun activities. Here is a sampling of what we have to offer:

Pickleball – The Springbank Heritage Club is open for 50+ seniors on Monday afternoons to play pickleball starting at 12:30 pm and ending on or before 4:30 pm depending on attendance. Play is indoors on a modified court which is ideal for seniors. For "first-timers" racquets/balls are available and you can try out at no cost to see if you enjoy the game. If you wish to continue, the only requirement is an annual club membership with no additional cost to play pickleball. Instructions on the rules of the game and tips on playing are happily volunteered by those players in attendance. Seniors who already play pickleball are, of course, also welcome. Come join the fun! Please contact Brian Holtsbaum [email: consult36@gmail.com or Cell: 403 651-1128] for more information.

Exercise - Wednesday and Friday mornings from 9 to 10 am running September 11 through November

29. Member Cost is \$85 for either Wednesday or Friday or \$170 for both days. Non-member costs are \$95 for either Wednesday or Friday only or \$190 for both days.

Paint Class – Please note day and time change for paint class. The class is available the second Wednesday of each month from 1-3 pm at no cost, just bring your own canvas, paints, paint brushes.

Happy Hoofers – Join us for a walk every Thursday morning 9-10 am. Everyone is welcome. Please check our website for the current locations.

Movie Night for adults only - On the last Friday of the month, 7-9 pm. Free to everyone. Chips provided or bring your own snack and beverage.

The Heritage Club Soup & Biscuits / Bake Sale / Craft Market will be held Saturday, November 23 from 10 am until 2 pm.

Please visit our website at www.springbankheritageclub.com for further details and to see all that we have to offer.

*Springbank Heritage Club Contact:
Janice at Springbankhkc@telus.net*



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32226 Springbank Road Calgary T3Z 2L9
Saturday Nov 2/24 9-5
Sunday Nov 3/24 10-3

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Remembrance Day Service

Monday, November 11 @ 10:30 am
Bragg Creek Community Centre
23 White Avenue

This service will be held OUTSIDE so please dress warmly. There will be coffee & light lunch served indoors following the service.

Non-perishable food items for the Veterans Food Bank of Alberta are welcome!

There will be military memorabilia on display during lunch. The community is invited to display military family photos to help share our stories.



VeteransFoodBank.alberta.ca

Lest we forget

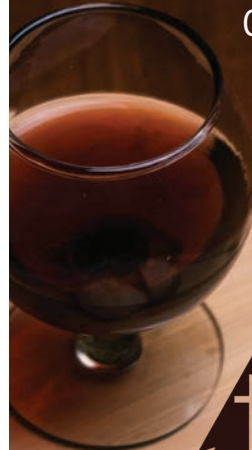
COME SHARE COMMUNION WITH US

Communion Service with Prayer

6:30 - 7 pm • Nov 5 & Dec 3
First Tuesday of Every Month

At The Hub next to the One Of A Kind Shop
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braggcreekchurch.ca



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BEFORE



AFTER



NEWSLETTER

Judi Hunter - Ward 5 Trustee

Students' Unique Invention Protects Parks Through Hands-on Learning
Grade 1 and 2 French Immersion students from Airdrie's A.E. Bowers Elementary School collaborated with Parks Canada in 2023/24 to develop a tool to keep our national parks and picnic areas clean. Students developed critical thinking, communication, problem-solving, collaboration, creativity, innovation and citizenship skills all key to building future-ready students which is one of the goals of Rocky View Schools' (RVS) Education Plan.

Board to Requests the Town of Cochrane Provide Serviced School Site as Previously Agreed

The Town of Cochrane and RVS signed a memorandum of understanding in 2021 which required the Town to provide a serviced site in the community of Horsecreek by the end of 2024. The Board will send a letter to the Town mayor and council requesting the Town honour the terms of the memorandum of understanding. The new high school in Cochrane is number six on RVS' Capital Plan priorities list for 2026 and a necessary addition of student spaces. Municipalities play an important role in ensuring school sites are ready when they are needed as part of the Provincial government's school project approval process.

Chestermere Student Accommodation Engagement Open

RVS' schools in Chestermere are experiencing enrolment pressures that require new school builds as soon as possible, but despite design funding being approved for one Chestermere school in Budget 2024, this pressure on existing schools will continue until this much-needed school can be built. A Board accommodation decision will be made at the public Board meeting on Jan. 23, 2025.

Supporting Inclusion and Diversity Update

The RVS Learning department provided an update to the Board on professional development opportunities presented to classroom staff and school administrators in 2023/24, which support RVS' inclusion and diversity guidelines Providing student-centered education that is inclusive, safe and supportive is one of the goals of RVS' multi-year Strategic Plan.



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Ward Boundary Decision

The Board has approved the recommendation of the consultant for the Board Boundary review. The change will see an additional trustee in the City of Cochrane and the combination of Wards 2 and 4 as one trustee position and adding one trustee position to Cochrane, leaving the Board composition of 8 trustees.

Search for a new Chief Superintendent begins

Superintendent of Schools, Greg Luterbach, has given notice. We thank him for his eight plus years of service and his commitment to providing quality learning for the students of Rocky View Schools.

2025/26 School Calendar Approved

The Board has approved the 2025/26 school calendar. The calendar is now posted.

2024/25 Advocacy Priorities Focus on Space and Supports for Students.

The Board has approved the priorities to guide its advocacy work for the current school year – Space for Students and Support for Students. These thoughtfully developed advocacy priorities are specific areas where increased government support is essential to address critical needs that impact the educational experience and outcomes of students.

Alberta's opt-in bill for sex education

The legislation requires parents to be notified each time a teacher addresses gender identity, sexual orientation or human sexuality instruction.

Metis learning to be implemented

Christ the Redeemer Catholic Schools in Okotoks have recently announced a new educational services agreement with the Rupertsland Institute, to help students at local Catholic schools learn more about Métis history and culture.

Ottawa to mull restricting protests outside 'vulnerable' institutions

Over the past few years, protests at schools, places of worship and other community places have increased. The City of Ottawa is considering enacting a bylaw to protect such institutions from harm, intimidation and vitriol.

Inflation impacts Purchase of New Buses

Rising costs have impacted the purchase of new buses and vehicle parts for the Northern Lights Public Schools Division (NLPS). "We have seen prices rise to 70 percent on new buses in the past five years," said a spokesperson for the school division, who explained that some vehicle parts have increased in price by as much as 200-300 percent in the same period.

Labor unrest hits education

Edmonton Support Workers vote for strike action.



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

I have new insight with respect to the Highway 8 bridge over the Elbow River – based on a personal network conversation about the environmental engineering work for the 2nd span. I will be discussing further with our Administration on how we can potentially approach the Province about win-win dovetailing of our active transportation network plans through this busy corner. This has been a long-standing issue for the County’s communities along the Highway 8 corridor, as well as Clearwater Park and Discovery Ridge in the City. Hopefully more on this in the months to come.

Rural Crime Watch Town-Hall

I have settled on the date for my Rural Crime Watch meeting. It will be on November 20th from 7:00-9:00 pm at the Bragg Creek Community Centre. Presenting at the meeting will be representatives from Rocky View County Enforcement, the Cochrane Foothills Protective Association, and our local RCMP. Everyone in Division 1 or 2 is welcome to attend.

Springbank Area Structure Plan

At the October 2nd Special Council Meeting, Administration presented the latest draft of the Springbank Area Structure Plan and multiple stakeholders gave input during the public hearing. This ASP has been a long time in the works and has been through several iterations as the plan has adapted to strike a balance among Regional Planning requirement realities, existing resident desires, and landowners with further residential or commercial business development aspirations.

These iterations have spanned both of my terms on Council.

I continue to be a strong proponent for a single ASP. This would yield better consistency for residential growth policy and ensure a similar look and feel for Country Residential areas on both sides of Highway 1 - building out to a more integrated and complete community. I have also been a strong proponent for improved environmental and watershed protection with belief that updated technical studies will lead to better policy in those areas. I also recognize that the Calgary Metropolitan Regional Growth Plan (RGP) has charged the entire region with becoming more efficient with our land uses, so that we can continue to grow without unsustainable suburban - or in our case “rurban” sprawl - as we absorb the next million residents into the metropolitan region.

Council’s direction May 28, 2024, was to combine the existing Central Springbank, North Springbank, and Moddle ASPs into a single comprehensive document while keeping the direction of the existing land use strategies. Administration also carried forward quality work from prior drafts adding and updating policies to reflect modern standards and planning practices, ensure compliance with the RGP, and remove errors or inconsistencies in the existing ASPs. Significant policy updates from earlier draft ASPs included:

1. The requirement for piped servicing of New Residential Areas within the ASP.
2. Restricting new institutional uses to business areas and identified lands along Range Road 33.
3. Removal of support for new aggregate extraction operations within the ASP boundary.

Although Administration has continuously collaborated with our biggest neighbour throughout the ASP project, it was not until the day of the hearing that Council received a late letter of support from the

City of Calgary, that for the first time through the many iterations, could support this draft version:

“With the revisions to the ASP and its requirement to circulate all local plans within the Special Planning Areas, The City is satisfied that its concerns can be addressed through collaborative work as the area develops. This process will enable further assessment of impacts and the development of mitigation measures to ensure that source water quality is maintained.

The City remains concerned that development within the broader plan area may have negative impacts on the Bow and Elbow Rivers, which could detrimentally impact the source drinking water for both our municipalities. These impacts could originate from river access and recreation, private sewage treatment systems, and/or stormwater outfalls. We recognize this is a shared interest that is of utmost importance.”

Receiving this letter is a testament to the effort both municipalities are putting into continuing to build on a collaboration-based relationship with respect to planning for growth in the region.

My perspective on this is that we are earning the trust and respect of the City in our ability to plan for responsible growth (one of this Council’s strategic tenets), and they are willing to core of Springbank and the Airport to us, while expecting that we will continue to involve and collaborate with them with respect to the Special Planning Areas (Bears paw Reservoir, RVC-Calgary Intermunicipal Boundary, and Elbow River Watershed) delineated on Map 16 of the Draft.

With the public hearing completed Council has referred the draft back to Administration and has recommended several amendments which will return to Council for consideration no later than November 30, 2024.

Contact: KRHanson@RockyView.ca
or call 403.463.1166.

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

The first week back in the legislature has already been a blur, even though I spent most of October preparing. It's kind of like the first day of school. Everyone is wearing their new outfits, the air is a little electric, and there are big smiles as we all sit down in our big green chairs and prepare for another few months of serving Albertans through vigorous debate over meaningful legislation. I had a busy summer connecting with our vibrant Banff-Kananaskis communities, and now it's time for me to take all of those conversations and ideas forward. Throughout October, I dedicated my time to engaging with stakeholders, constituents, councilors, mayors, and reeves to ensure that I had the information I need to represent your voices effectively. These conversations are the fuel for every moment that I stand in the legislature and say: "The people of Banff-Kananaskis are telling me...". I remain humbled by the privilege of serving each and every resident across our amazing riding again this fall.

Being MLA is job with two very different parts – one in the constituency with you, and one in the legislature representing you. Until December, my schedule shifts dramatically. On Monday mornings, I drive up to Edmonton and on Thursday evenings, I return home. Those 3 days at home are my opportunity to reconnect with my family, meet with local stakeholders, and share a coffee with you. During session, my availability is a bit more limited – it affects how often I can participate in local events, including my MLA on Tour gatherings. Don't worry though! MLA on Tour will still happen every second week in a different community, and I am looking forward to attending all the Holiday Markets in our

communities (where I will probably spend way too much money again). I'm also planning to door knock in combination with my MLA on Tour dates. So there will still be plenty of opportunities to connect and chat. Please don't be shy if you see me around your community. Connecting with constituents is what keeps me grounded during legislature session and reminds me why I do what I do.

During my time in session away from my home and office in Canmore, I heavily rely on my dedicated staff, Sean and Joan, to keep me connected with the needs of our constituents. As new legislation is introduced in the session, I greatly appreciate receiving emails from Albertans sharing their thoughts and concerns. These communications are invaluable and are occasionally shared in the legislature, allowing me to represent your interests effectively and often prompting discussions in the legislature.

In my new role as Shadow Minister for Environment & Protected Areas, my focus will remain aligned with my previous priorities: drought and flood mitigation/management, wildlife management including the protection of grizzly bears due to the changes to the Alberta Wildlife Act earlier this year, and climate action that creates high paying jobs and protects the Alberta wilderness that we all love. This broad portfolio often crosses over ministries, and as such, I expect to be working closely with my colleagues Jodi Stonehouse-Calahoo, the Shadow Minister for Forestry and Parks, and Nagwan Al-Guneid, the Shadow Minister for Energy and Minerals, to continue to hold this government accountable. From logging in Kananaskis to the Alberta Energy Regulator, and from the proposed construction of new dams to recreation management – we will work together to always build a better Alberta.

Looking ahead, the Alberta government has announced several key pieces of legislation that we will be debating this session. Among the proposals are changes

to the Alberta Bill of Rights, which include amendments addressing vaccination rights, property rights with legal due process, and the right to acquire and use firearms safely. The Government has also committed to introducing legislation associated with their Trans Policy announced earlier this year; we expect these changes to cover Education, Health, and Tourism and Sport Ministries. We've also seen policy direction around even more restrictions for development of renewable energy, public consultation for the South Saskatchewan Regional Plan, and an Alberta Nature Strategy. All of these pieces are an opportunity for me to share your needs, so let them be known! Every email you send my office is filed away and drawn upon in my bill debates in the legislature. Tell me what you need, think, and want to see for our present and future.

As we embark on this fall session, I remain committed to ensuring that your voices are heard loud and clear in the legislature. Together, we will work towards a future that respects our communities and the diverse needs of all Albertans. Thank you to everyone who has emailed, come to an MLA on Tour, or nabbed me at a public event. I truly enjoy chatting with all of you and feel grateful for the amazing, hard-working, passionate Albertans that I am fortunate enough to represent. Thank you for your continued support and engagement as we navigate this important work ahead.



MLA SARAH ELMELIGI BANFF-KANANSKIS

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E-mail us anytime at:

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MLA ON TOUR

Hike with Sarah!

Bow Valley Provincial Park
November 9th | 4:00 - 6:00pm

Beaupre Community Hall
Beaupre, AB
November 12th | 4:00 - 6:00pm

Outbound Elements
Bragg Creek, AB
November 14th | 11:30 - 1:30pm

It's that time of year! Watch for Sarah at the Christmas Markets in the area. Follow us on socials to stay informed.

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Market Highs VS Your Goals

As Canadian and US stock market indexes hit new highs this year, many investors began expressing anxiety about a possible 'correction'. Financial media personalities have also been speculating about the timing of correction from these recent market highs.

Let's put this into perspective. Would these same investors be equally concerned if their homes were hitting record highs? No, it is likely they would be celebrating and cheering the market higher. So what makes the stock markets and equity investing different from other asset classes? And how does the fact of new equity market highs affect investor's ability to build wealth and retirement assets over time?

Markets have always moved up and down over short periods of time, and in fact they might have already corrected by a few percentage points by the time you read this. Such daily changes (referred to as "volatility") are often mislabeled by investors as "loss". Market volatility is completely normal and belies the fact that the long-term trend for corporate profits has generally been higher. Rising corporate profits are what ultimately drive individual equity prices higher over time.

The important point to remember is that while stock market values may decline over a short time frame they have historically recovered and seldom stay in the depths of a correction for very long. Investors can try to dampen volatility (so that they feel better about their portfolio) but doing so may also negatively affect their ability to generate investment income and growth.

What About the Recent Stock Market Volatility in 2024

Equity volatility is nothing new, particularly during the summer months which are so often characterized by low levels of market liquidity. While the S&P 500 had declined by just over 8% from its recent peak before showing some signs of stability, **a 10% or greater drawdown has been a once per year occurrence over the past century.** Stocks might be best considered as an uncomfortably rewarding asset class.

What also affects views about record market levels is the type of correction we are talking about and what type of investor you are. For example, most market corrections (which are not the same thing as a permanent loss) happen within a strong and continuing business cycle expansion. Which means that market values may bounce around somewhat even as the economy continues to grow and recover from the previous recession. The other type of correction happens when the business cycle ends in a recession – which has been occurring roughly every 5 to 10 years since about 1990.

How does all this affect an average Canadian in their thirties with low savings relative to earned income? **Market corrections are a great opportunity to buy quality investments on sale!** For investors in their seventies cash flow and capital preservation are usually more important than growth. These investors

need an asset allocation strategy to smooth out their cash flow in anticipation of the inevitable recessions that are a regular part of our economic system. Wise retirees never have to sell investments at market lows to pay for groceries.

Even if you are correct and can figure out when the next recession might start, will you then jump back into the investment markets to profit from the next upward business cycle? Behavioral finance suggests that very few individual investors are consistently successful at predicting and profiting from market corrections.

Call 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.

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

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

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MAKE YOUR MARK By Mark Kamachi

Nooooooo! It's already November. Golf season has ended. Hockey, basketball and football are fighting for your television time and another World Series is about to be decided. I don't know how to react to how fast this year is zipping by. Speaking of reacting, reactive marketing is this month's topic (talk about worst segue ever).

I bring this up because I'm reminded of a reactive campaign that occurred during the 2023 baseball season when Shohei Ohtani (he's all the buzz in this year's baseball post season) of the LA Dodgers took out a light panel on a stadium billboard advertising Coors Light beer with a swing of his bat.

Quick thinking and teamwork by the Coors ad agency and management at Coors lead to one of the most memorable, ingenious, and award-winning reactive campaigns by an advertising agency from Vancouver. (scan the QR code --->)



What is reactive advertising exactly? In its simplest definition, it's when a brand takes advantage of and seizes the opportunity to respond quickly to a current event, trend, or consumer behavior. Whereas proactive advertising is planned step by step and budgeted, a reactive campaign is spontaneous.

A business' ability to react immediately to an event is well worth considering as we're living in a "current state of affairs" world with news, social media, anything that reports current happenings, at our fingertips. If you, as a business owner, has a content creator at your side who can think on the spot if an opportunity occurs and if you're willing, then you have the means to reach others in a reactive capacity.

As mentioned, reactive marketing focuses on seizing opportunities as they arise. This requires not only vigilance but also a deep understanding of your brand values to ensure that responses are authentic and align with your business. If the event doesn't reflect your brand, save your \$\$\$.

For my personal example, last month whilst sitting in my hot tub with my WWI General John Pershing's hat, I used a Swamp Donkey Musical Theatre poster and had it floating beside me to record

a video to promote ticket sales for our production of The Hello Girls, a WWI story. The soaking wet poster was my gag. I was done and exiting my hot tub when I heard helicopters approaching overhead. I immediately turned on my camera to record another message.

This time saying that folks were using helicopters to get to Bragg Creek to purchase tickets (scan the QR code to see my reel). I received more reactions about the helicopter post which was reactive than I did for the "poster in the hot tub" post. Both videos, one with a poster floating beside me and one with helicopters flying overhead, while wearing my general's hat, did garner comments as they were weird. That's me.

The primary benefit of reactive marketing is its ability to create a sense of authenticity and connection in the present moment. It's a powerful tool for brands to engage their customers in a rapidly changing environment. It shows you are in tune with their interests leading to potentially viral moments, brand visibility and connectivity in a creative manner.

Until next month. At ease.
Cheers, mark.



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MY GENERAL'S HAT SHOULD STIR UP SOME ATTENTION AND CAUSE A BIT OF REACTION.

SORRY? YOU TALKIN' TO ME?

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Having the ability to think on your toes and react quickly to opportunities to enhance and build upon your brand arsenal is a bonus. If you require additional troops, maybe you need AdMaki in your battalion, to bring attention to your business. We drill this daily after all.

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BRAGG CREEK COMMUNITY ASSOCIATION

Do you remember why you love it in Bragg and the first time you have memories here? Maybe you were born here and went to school in this area. Was your first time here as a visiting tourist? Do you remember the first impressions that kept you coming back and eventually deciding to stay?

Memories of people you knew that have moved away or are no longer here, and how much fun you had together are important to hold onto. Remembrance can be a pillar of strength for us.

Remember those who served and continue to serve, and why. Take strength from the past and face into the future with hope and optimism.

Remembrance Day Service - You are invited to attend:

- Monday, November 11th
- 10:30am at the Community Centre
- Outside Service (dress for the weather)

- Following the service, you are invited inside for coffee and a light lunch where military memorabilia will be on display.
- Open invitation to the Community to display military family photos to help share our stories.
- Please bring donated food items for the Veterans Food Bank of Alberta.

With the recent BCCA Board of Directors Annual General Meeting, held on Oct. 29th, we are excited to welcome in our new Directors and get started on a busy term. Please join us in thanking outgoing members for their dedication and contributions. You will be missed.

The Centre is looking forward to the largest community event of the year. Mark your calendar for Bragg Creek's Spirit of Christmas:

- The Christmas Market runs for a full weekend (Nov 29 & 30 & Dec 1):
- Friday from 5:00-9:00pm
- Sat & Sun – 10:00am – 5:00pm
- Spirit of Christmas runs on Saturday and Sunday from 10am – 5pm both days (Nov 30 & Dec 1). Check the website for updates and schedules as

not all activities will be available both days.

- Horse drawn wagons
- Visits with Santa
- Kids Only Store
- Face Painting
- Cardmaking
- Community Fire Pits
- Special activities hosted in and around local businesses
- Volunteers are needed! All manner of elves are welcome and very much needed to herd the reindeers, organize the festivities, hang the lights, guide the sleigh, and wrap it all up with a bow. So dust off your ears and keep an eye on the website for SignUp spots, and you will definitely make it onto the happy list.

Remember who you are, what you believe in and where you came from. Remember and be strong.

Take purposeful steps forward, seek help and take care of you and yours.

Lest We Forget.

Your Bragg Creek Community Association



Bragg Creek's Spirit of Christmas

**November 29th, 30th
& December 1st**

Schedule of Events

Friday, November 29th

5pm - 9pm Early Bird Christmas Market

Saturday, November 30th

10am - 5pm

Christmas Market
Snowbirds Chalet -
Stories & Face Painting
The Hub Craft Corner

11am - 4pm

Horse Drawn wagon rides
Photos with Santa
Kids Only Shopping Store

Sunday, December 1st

10am - 5pm

Christmas Market

11am - 4pm

Horse Drawn wagon rides
Photos with Santa

Plus: gingerbread houses, bonfires, winter princesses & more activities at Local Businesses on Saturday & Sunday

*All activities are free of charge & subject to change without notice
New events are being added - updates available on website*

Sponsorship opportunities available

braggcreekca.com



SACROILIAC JOINT DYSFUNCTION

The sacroiliac joint (SIJ) is located in our lower back at the base of our spine. It is made up of our tailbone (the sacrum) and each half of our pelvis (the iliums). Therefore, we have two SI joints, one on each side. This is often where the little dimples in our lower back are located. This joint is a load bearing joint as we walk and load each limb. There is some rotational movement that occurs at this joint as we swing each of our legs. The hip joints on each side sit within a “socket” on each ilium, thus as our hips move in all directions, the SIJ accommodates with some twisting and rotational motion.

When we have an injury to our SIJ, we typically call it an “SIJ dysfunction”, which can be associated with it being “stuck” or “loose”. In the case of HYPOmobility

(stuck), this can happen with a misstep (ie. an unexpected step off a curb), bending and lifting, or a slip and fall. When we have HYPERmobility issues (loose), this may be due to hormonal changes (during or after a pregnancy, weight gain), trauma, or genetic conditions or auto-immune disorders. Both scenarios can lead to a wide range of symptoms throughout the lower back, buttocks, thigh or groin.

The pain can range from a low-grade ache to a sharp, shooting pain and movement may be restricted. Typically, the focus of the pain is located quite specifically in the SIJ area. However, there can be referred pain, or radiating pain, that can travel down the buttocks, outer thigh, knee or shin. Often movements such as rolling in bed, bending forwards, standing on that leg to get dressed, and getting in/out of a car become difficult. Walking can become achy in that area and prolonged sitting can become stiff throughout the lower back.

Upon assessment, your physical therapist will help to identify biomechanical imbalances in your movement patterns and

muscle tone and length. We also aim to re-establish proper activation of the stabilizing muscles in the lower back and pelvis. This is important for proper load transfer and motion of the SIJ. In the case of medical or pharmacological intervention, a referral to your family doctor may be required. Typically, SIJ dysfunctions manage well with joint mobilization, muscle re-education and modalities such as IMS/ needling techniques or electrical muscle stimulation to restore proper muscle length and relieve trigger points. An SIJ belt can be beneficial for added stability during a time of recovery. Specific exercises and stretches are incorporated to restore proper mechanics of the abdominals, lower back, pelvis and hips.

If you think you may have SIJ issues, our physiotherapists, massage therapist and personal trainer are here to educate you and help you get back to your optimal function.

Jennifer Gordon

(BSc.PT, GunnIMS, AFCl)

*Physiotherapist - Bragg Creek Physiotherapy
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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

BUSINESS BITS

Winter is Coming!

This issue will catch you up on Chamber initiatives, events, and supportive resources for our valued businesses and members.

Membership Renewal - 2024 October 01
Please renew your membership!

Initiatives - Greater Bragg Creek Area Structure Plan (ASP) Visioning Committee

Two of our Board members participated on the Rocky View County-appointed Visioning Committee for the new Area Structure Plan. This future Bylaw directs land use, development phasing, roadways, utilities, and other critical planning requirements. Through Summer 2024, our members represented Bragg Creek

interests on Economic Development, and Public Amenities & Recreation. A Draft ASP Vision will be released by RVC for review by the Visioning Committee in November.

Communications

We are diving into our 2024-2025 Communications Strategy & Social Media blitz to ensure our businesses get noticed. Contact Imke media@braggcreekchamber.com to spotlight your business!

Chamber Perks Program

The Chamber Perks Program offers exclusive discounts and incentives to Chamber Members. If you're interested in participating in the program or have any questions, please reach out.

EVENTS

Bragg Creek Spirit of Christmas - Nov 29-30 & Dec 1

Spirit of Christmas brings thousands of holiday shoppers to our hamlet each year. Events include photos with Santa, horse drawn sleigh rides, music, lights, and a vibrant Market. Book a spot in the

Market or host a holiday activity during this popular weekend! Contact info@braggcreekca.com

Chamber Meetings

We had a great turnout at the October AGM, thank you to everyone who attended! The Chamber meets on the 3rd Tuesday of each month so come and connect with us, see guest speakers, join Committees, enjoy refreshments from local businesses, and get your business involved.

Chamber Membership Benefits

Membership gives you a full package of perks: Social Media Showcase, Mix n Mingles, Marketing, Benefits Plan, Calendar, Job Board, and Directory Listing. Visit us online or any time at:

W: visitbraggcreek.com/bragg-creek-chamber/

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Happy November! On behalf of your Bragg Creek & Area Chamber team

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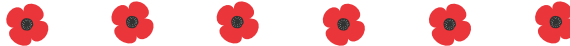
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Thanks to all for the turnout at our recent Alberta Rescue Foundation event. A HUGE success!



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Reducing Animal-Vehicle Collisions: Essential Tips for Drivers

From mid-September to late November, drivers need to be especially vigilant on rural roads to minimize the risk of collisions with wild animals. This is rutting season for moose, deer and elk - a peak period for wildlife movement. With the start of Daylight Saving Time on November 3rd, understanding how to drive safely in these conditions is crucial.

Understanding Wildlife Behavior

During rutting season, animals are more active, erratic, and unpredictable on the roads. Male and female deer and elk may roam more widely in search of mates, increasing their chances of crossing busy highways and country roads. This heightened activity—along with reduced daylight—means drivers must remain alert.

Safe Driving Tips

1. Observe Speed Limits: Speeding reduces your ability to react to sudden wildlife crossing. Adhering to posted speeds

ensures compliance with traffic laws while providing ample response time if an animal darts into the road.

2. **Keep an Eye on the Ditches:** As you drive, maintain a keen awareness of the ditches and roadside. Wildlife often emerges unexpectedly, and being proactive can help you spot animals before they reach the road.
3. **Pay Attention to Deer Crossing Signs:** These signs indicate areas where animal crossings are common. Take extra caution in these zones - reduce your speed and heighten your vigilance.
4. **Watch for Peak Wildlife Activity Times:** Dawn and dusk are when deer are most active. If you're driving during these hours, increase your alertness and prepare for the potential of animals crossing.
5. **Look for Herds:** Deer are social animals and often travel in groups. If you see one, there's a good chance others are nearby. Slow down and wait until you confirm that the entire group has crossed safely.
6. **Use Headlights Wisely:** In low light conditions, deer may freeze when startled by headlights. If you encounter a deer in your path, flicking your lights

on and off can help the animal regain its bearings and move away from the road.

7. **Avoid Honking Your Horn:** Horn honking can actually confuse animals, leading them to flee unpredictably—sometimes directly into your path. Instead, rely on braking and slow down safely.
8. **Prepare for Unpredictability:** Wildlife can behave erratically and may not cross in a straight line. Stay alert and be ready to stop suddenly.
9. **Don't Swerve:** If a deer or elk suddenly appears, your instinct may be to swerve to avoid a collision - which can lead to driving off the road or colliding with other vehicles. Instead, brake firmly and stay in your lane.

Conclusion

Following these tips will enable drivers to significantly reduce the risk of wildlife-vehicle collisions in rural areas during peak seasons. Being mindful of driving speed, staying alert, and understanding seasonal animal behaviours are key components to safe driving. As the rutting season progresses, be committed to keeping the roads safer for drivers and wildlife alike.

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BRAGG CREEK TRAILS

Trail Talk

BCT Prepares for Winter with Trail Enhancements and New Equipment

We've made the most of the mild autumn weather to prepare our trails for the upcoming winter grooming season. As you know, winter can begin anytime after Labour Day out here.

For the skiers in our community, you'll notice that many of the core trails have been widened to better accommodate grooming for skate skiing without crowding out the classic ski tracks. We've also smoothed out some of the tighter corners and hill run-outs to improve cornering and sightlines. Additionally, we've added new grooming equipment to increase our efficiency and reliability. We now have two new Skandic snowmobiles joining our tracked Bobcat UTV and our anchor machine, "Erica" the Snow Rabbit.

On the fat bike grooming front, we've introduced a new piece of electric-powered

equipment that our grooming crew is currently being trained on. This marks our first electric addition to the fleet, which will be featured in more detail in next month's article. Meanwhile, our aging fleet of motorized cycles is beginning to look a bit nervous!

New Official Ski Grooming Start Date

After extensive discussions during our trail planning process with the Alberta Government and public, it was decided that the protection of groomed ski trails needs to be prioritized due to the unpredictable snow events in West Bragg Creek.

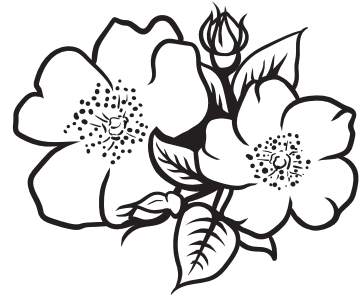
As soon as snow falls, BCT will begin packing the trails to drive frost into the ground, creating a solid base to support our grooming equipment.

As a result of these discussions, it has been determined that ski trails will be officially closed to all non-ski traffic starting November 1, or once grooming operations begin after that date. This is a month earlier than the previous December 1 start and allows BCT greater flexibility when snow conditions are favorable. March 31 still remains the official end to winter grooming even if ski conditions prevail.

At the same time, fat tire bike grooming will likely begin on the narrower All Seasons Trails. We kindly ask our equestrian friends to move onto the designated winter equestrian trails at this point.

Please respect the hard work and time our grooming team puts into providing a safe and enjoyable experience for all users by following trail signage. If you are unsure which trails are appropriate for your use, please visit the Trail Centre on weekends to speak with our Trail Hosts, flag down a BCT member, or visit our website at braggcreektrails.org.

*See you on the trails
Conrad Schiebel (BCT President)*





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Happenings at the Chalet

Tues 1-4pm: Ladies Group & Snooker

Thurs 1-4pm: Snooker

Thurs 4-9pm: Open House/Pub Night

First Thursday of the month at 1:15pm

Book Club - bring a book to share.

Third Thursday of the month at 7pm

Open Mic Night - come play or listen!

JOIN US: Sunday, Nov 17th

Grey Cup Party at the Chalet - bring an appie to share, cash bar will be open, pre-game at 3:30pm, game at 4pm

VOLUNTEERS NEEDED:

Storytime & Face Painting at the Chalet as part of Spirit of Christmas event on Nov 30th from 10am - 5pm. Share your talent and/or your time!

2025 MEMBERSHIPS

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Questions? Email inquiries:

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There's no escaping the S-word

Snow. Snow. Snow. Snow. Snow.

Okay. Now that that's out of the way it's time to plan for the inevitable: snow removal. Keeping your property in a passible condition and free of ice is not only convenient for you but also a requirement by home insurance plans and emergency services. Spend what little daylight we have by staying warm and doing what you actually want to be doing; like laying fresh tracks in snow. Give us a call, book now and leave the heavy lifting to us.



that's how we work

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BRAGG CREEK PERFORMING ARTS PRESENTS:

An Intimate Dinner Concert with Ellen Doty

Get ready for a memorable evening of live music and fine dining as Bragg Creek Performing Arts proudly presents singer-songwriter Ellen Doty, accompanied by pianist Devin Hart, in a special dinner concert.

Ellen Doty's voice has been described as "soft, sweet, confident, and assured" (CBC Music: Top Canadian Jazz Musicians under 35). Her music blends elements of jazz, pop, soul, folk, and indie styles, creating a sound that is uniquely her own.

A skilled storyteller, Doty's songs are personal and intimate, drawing listeners into her world. Her live performances are known for their warmth and connection with the audience. There are no gimmicks—just honest music.

Hailing from southern Alberta, Doty has performed around the world, from the Tokyo Jazz Festival to opening for Grammy-winning artists Gregory Porter and Lisa Fischer. This summer, Doty released her highly anticipated album, *Every Little Scene*, which topped the CKUA charts for several weeks.

CBC Music calls Doty "an emerging Canadian talent who is clearly one to watch."

Event Details:

Date: Saturday, November 16, 2024

Time: Doors open at 6 PM, dinner at 7 PM, concert at 8 PM

Location: Bragg Creek Snowbirds Chalet, 19 Balsam Avenue, Bragg Creek, AB

Tickets: Available at bcpa.ca or via Ticketpro (1-888-655-9090).

General admission: \$75, or reserve a table of eight for \$600.

Indulge in a three-course gourmet Italian dinner catered by Bragg's Korner Kitchen. This event also offers a final opportunity to purchase a three-concert dinner package at a special rate. Full details can be found on braggcreekperformingarts.com.

Clint Docken of Bragg Creek Performing Arts says, "Our Ellen Doty dinner concert tickets are being snapped up fast, so don't miss out!"



SAT
16
NOV
2024

Don't miss Ellen Doty. She combines her world-class voice and her deep love of jazz with the influences of the great songwriters of our time.

DINNER CONCERT WITH ELLEN DOTY

DEVIN HART,
PIANO

DOORS 6:00	DINNER 7:00	CONCERT 8 PM	TICKETS \$75	BRAGG CREEK SNOWBIRDS CHALET 19 Balsam Ave, Bragg Creek AB
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For tickets visit braggcreekperformingarts.com or call Ticketpro 1 888 655 9090.



About Bragg Creek Performing Arts Music Series:

Bragg Creek Performing Arts is committed to delivering live concerts that captivate and inspire. Stay tuned for our next dinner concert with the Justine Giles Duo on January 25, 2025.

Bragg Creek Performing Arts is run entirely by volunteers and is a registered not-for-profit charity. For more information, contact us at info@braggcreekperformingarts.com. Come celebrate live music with us!



Check us out online:
highcountrynews.ca



BRAGG CREEK ARTISANS

Did you know there's a local arts group that has been around for almost 50 years? Are you inspired to be creative? Do you want to connect with like-minded members in our community? Well, check out the Bragg Creek Artisans! We are committed to expanding our members skills and promoting local arts within our community by hosting an art program the first Wednesday of each month from September to June from 7-9 p.m. in the Community Centre. Highlights from the past years programs include silversmithing, wool felting, printmaking, and indigo dyeing. Our membership ranges from professional artists to individuals who are just starting their creative journey and those who are pure hobbyists. Whatever your skill level, we hope to see you – our group is a wonderful means to share the gift of creativity! For more information or to contact us, please visit our website www.braggcreekartisans.com or check us out on Facebook and Instagram.

A bit about our history: the Bragg Creek Artisans has a long-standing, vibrant history dating back to the mid 1970's.



We began as an "idea" within an informal network of local arts and crafts people who recognized the extensive creativity and artistry within our community. They wondered if there was interest to create a more formal arts and crafts group to share ideas, improve skills, and provide opportunities to show and sell work. A meeting was scheduled to determine interest and 80 people attended – a resounding affirmation within this small rural community! A steering committee was formed to draw up guidelines and in the spring of 1977 the Bragg Creek Artisans came into being and Sig Bradshaw, Ernie Stapleford, Bob Treacy, and Rich Majury made up the first executive board. We owe much to these community-minded individuals as well as to too many others

to mention, including many recognizable, long-standing names who have been pivotal to the development of our community as a whole. In February 1988, the Artisans drew international visitors to our community by being chosen to host one of 17 art exhibition sites for the Winter Olympics "Winter Show 88". We continue to be a Not-for-Profit group and have successfully received MD of Rockyview grants over the years to support our artistic community through programs, workshops, meetings, events etc.

This year's Christmas sale, November 16 and 17, will be our 46th!! It continues to be an important showcase for our members and attracts many visitors, both local and far afield.

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DISCOVER SOMETHING UNEXPECTED

BRAGG CREEK ARTISANS Christmas Sale



**Saturday & Sunday
November 16 & 17, 2024
10 am - 5 pm**

Woodwork	Paintings
Fibre Art	Jewelry
Baking	Pottery
Paper Crafts	Glass
And More	Sculpture

**Bragg Creek Centre, 23 White Ave.
Free Parking - Free Admission
braggcreekartisans.com**



SWAMP DONKEY MUSICAL THEATRE SOCIETY

Nuncrackers – December 19-22, 2024:

Swamp Donkey Musical Theatre is excited to bring the Christmas musical, Nuncrackers, to our stage December 19-22, 2024. It stars the nuns you love, plus Father Virgil and Mount Saint Helen's most talented students, in the first TV special taped in the Cable Access Studio built by Reverend Mother in the convent basement. This show is filled with wacky Nunsense humour! Certain to tickle your funny bone and likely to tug at your heartstrings, Nuncrackers is the perfect way to make your holiday season merry and bright (synopsis from concordtheatricals.com). Tickets for Nuncrackers and all our musical theatre productions are available on our website at www.swampdonkeytheatre.ca.

Group Tickets:

Are you interested in bringing a group to one of our performances? Please contact us at swampdonkeytheatre@gmail.com about discounted group ticket pricing. We can arrange alternate dates for your group if the performance dates currently offered don't work for you.

Restaurant and Retail Partners:

Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants, the Bragg Creek Distillers, and a number of local retailer shops. Our partners offer discounts on meals and beverages on performance dates when you present your Swamp Donkey performance ticket. A complete list of our partners and their offers is available on our website. We look forward to seeing you at the theatre!



Nuncrackers



Book, Music, & Lyrics by Dan Goggin

**PERFORMANCES:
December 19-22, 2024**

**SWAMP DONKEY THEATRE,
BRAGG CREEK**

**TICKETS & FURTHER INFO:
swampdonkeytheatre.ca**

NUNCRACKERS is presented by arrangement with Concord Theatricals on behalf of Tams-Witmark LLC.
www.concordtheatricals.com



Alberta
Foundation
for the Arts



Give the gift of Christmas

It's only November, but you know it's coming. So why not start thinking about gift giving or festive bookings now. From schnitzel to Black Forest cake, wine to whisky, we highly recommend reserving your table for your family, business, or social gathering today.

Open for lunch & dinner 6 days a week | 75 White Avenue, Bragg Creek | 403 949 3632 | bavtav.com

THE
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MOUNTAIN DINING

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AT THE BAVARIAN INN



THE LITTLE SCHOOLHOUSE

October flew by and Preschool and Kindergarten were filled with excitement as we celebrated the Thanksgiving and Halloween holidays.

We are looking forward to November as our classes will be investigating animals that hibernate and migrate. All our classes will explore these topics with hands on activities, songs, stories, and games. Our kindergarten class is looking forward to the exciting opportunity to expand their learning of hibernation with a special visit from the Cochrane Ecological Society. They will be sharing an interactive presentation on bears and how they prepare and survive our cold winter months.

Together each class will also intentionally devote time to remember all those from the past and present who help us enjoy a safe space to play, learn, and explore. We feel much gratitude and honour their service.

We at The Little Schoolhouse are enjoying all the energy and fun that exists within this space. Lots of play, laughter, and friends! If you would like to be a part of our community of friends, please see our website for more information:

www.thelittleschoolhouse.ca

We would love to have you join us!

From all of us at The Little Schoolhouse, we hope you have a wonderful November!

Ms. Shelley and The Little Schoolhouse team



REDWOOD MEADOWS EMERGENCY SERVICES

Oh Deer!

Did you know that November is deer mating season? That means drivers run a high risk for collisions with deer and other wildlife. Animal-vehicle collisions are two times more likely in November than any other month of the year.

Use these 9 tips to avoid animal strikes and minimize their impact:

- 1. Buckle Up.** More than half of human fatalities from animal strikes happen after a collision because drivers aren't wearing seatbelts. Not only is buckling up the law, but it can also save your life.
- 2. Slow down.** Always drive the speed limit so you have enough time to scan the road for wildlife and react if an animal crosses your path. Also, remember your visibility decreases at dawn and dusk, so adjust your vehicle's speed accordingly.
- 3. Don't tailgate.** Following other vehicles too closely reduces your field of vision and shortens your reaction time.
- 4. Know the area.** Be extra cautious on roads surrounded by farmland or trees on either side. Look for posted animal crossing signs and slow down when you see them. Remember where you've seen wildlife in the past.
- 5. Stay alert.** Use your high beams at night if there is no oncoming traffic. Watch for the reflection of deer eyes

in your headlights. Look for shadows near the shoulder of the road or signs of movement between you and the lights of oncoming cars.

- 6. Don't swerve.** If you swerve to avoid an animal, you run the risk of colliding with a guardrail, utility pole or other stationary object. You also might drive off the side of the road and experience a rollover. If you can't avoid a collision, slow down as much as possible and brace for impact. It's safer than putting your life at risk by swerving.
- 7. Look for "animal friends".** Deer travel in groups. If you see one, it's likely more will be nearby.
- 8. Don't trust deer horns or whistles.** They're proven not to work and may actually startle the deer, causing the animal to stand still in the roadway.
- 9. Know what to do if you strike an animal.** Pull over to a safe space. Turn on your flashers. Use caution when approaching an injured animal. Call 911 if needed.

Until next month, stay safe!



Bragg Creek Insurance Services & Registries Office

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WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed 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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Consequences

What's the worst thing that can happen if you drink and drive? You kill someone or yourself – doesn't get much worse than that. If you are the one being killed, what have you done to your loved ones and what have you done to your legacy? If you killed someone else, what have you done to someone else's family? Think about it – you are no longer the innocent one – you are the idiot. And to think you could have avoided it by being just a regular smart and responsible person. There's no "do-over".

So, what are the penalties of impaired driving? The following is from the Government of Alberta web pages:

"Alberta has Immediate Roadside Sanctions (IRS) that apply to impaired driving under the Traffic Safety Act. Additionally, law enforcement can proceed with charges under the Criminal Code of Canada, that can result in further penalties imposed by the courts.

Once the Notice of Administrative Penalty is issued by law enforcement, the driver's licence suspension or disqualification begins immediately.

All DUIs listed below mean you drove while impaired to any degree with alcohol, drugs, fatigue or prescription drugs or a combination of those in your system.

IRS WARN penalties (when your blood alcohol concentration is between 0.05 and 0.079 or you fail drug and alcohol sobriety tests. (ie you are not even over the .08 legal limit)

First Occurrence: The following penalties occur

- an immediate 3-day driver's licence suspension where you are unable to drive under any circumstances
- a 3-day vehicle seizure
- a \$300 fine plus victim fine surcharge of 20%

Second Occurrence:

- an immediate 15-day driver's licence suspension where you are unable to drive under any circumstances
- a 7-day vehicle seizure

- a \$600 fine plus victim fine surcharge of 20%
- remedial education through the Crossroads course

Third occurrence:

- an immediate 30-day driver's licence suspension where you are unable to drive under any circumstances
- a 7-day vehicle seizure
- a \$1,200 fine plus victim fine surcharge of 20%
- remedial education through the IMPACT Program

Immediate Roadside Sanction Fail Penalties where:

- your blood alcohol concentration is 0.08 or more
- you fail or refuse drug and alcohol testing
- you fail drug recognition tests

First Occurrence:

- Immediate 2-stage, fixed-term driver's licence suspension consisting of 2 distinct parts:
 1. 90 days where you are unable to drive under any circumstances
 2. further 12 month driver's licence suspension:
 1. During this 12 month suspension period, you may participate in Alberta's IRS: FAIL Ignition Interlock Program and operate a vehicle equipped with an interlock device. If you choose not to participate in the Ignition Interlock Program, your licence will remain suspended, and you cannot legally drive.

- Complete the Planning Ahead course.
- 30-day vehicle seizure.
- \$1,000 fine plus victim fine surcharge of 20%.
- If you receive criminal-level impaired charges and convicted, the court will also impose additional penalties.

Second Occurrence:

- Immediate 2-stage, fixed-term driver's licence suspension consisting of 2 distinct parts:
 1. 90 days where you are unable to drive under any circumstances
 2. further 36-month driver's licence suspension:

- During this suspension period, you may participate in Alberta's IRS: FAIL Ignition Interlock Program and operate a vehicle equipped with an interlock device. If you choose not to participate in the Ignition Interlock Program, your licence will remain suspended, and you cannot legally drive.

- Complete the IMPACT Program.
- 30-day vehicle seizure.
- \$2,000 fine plus victim fine surcharge of 20%.
- If you receive criminal-level impaired charges and convicted, the court will also impose additional penalties.

Third Occurrence:

- Immediate 2-stage, fixed-term driver's licence suspension consisting of 2 distinct parts:
 1. 90 days where you are unable to drive under any circumstances
 2. further lifetime driver's licence suspension:
 - During this suspension period, you may participate in Alberta's IRS: FAIL Ignition Interlock Program and operate a vehicle equipped with an interlock device. If you choose not to participate in the Ignition Interlock Program, your licence will remain suspended, and you cannot legally drive.
 - Provided you meet the eligibility criteria, you can apply for driver's licence reinstatement and removal of the interlock requirement after 10 years. An application does not guarantee a removal of the lifetime suspension.
- 30-day vehicle seizure
- \$2,000 fine plus victim fine surcharge of 20%
- If you receive criminal-level impaired charges and convicted, the court will also impose additional penalties."

Notice that there are a number of penalties, not just loss of licence for a period of time.

Next month I hope to give a first-hand report of a "regular" family whose son was convicted of impaired driving as related to me by the Dad. He passionately explains to me the hardship brought on to the whole family.

Dave Schroeder - HCRCWA Board Member



SQUARE BUTTE COMMUNITY

The Square Butte Hall is bustling with activity as the year draws to a close. If you need an excuse to get out of the house and mingle with your neighbours, meet up with a long-lost friend or perhaps you want to find new friends, mark these dates on your calendar and check out our website for more details! www.squarebuttehall.com

November 21st our Annual General Meeting @ 7:30 pm

Want to get plugged into a vibrant community? Come and meet your neighbours and learn about who we are as we summarize our past year. Everyone is welcome and we are always looking for great people who want to get involved. After a brief meeting, enjoy some refreshments and connect with people in your community.

November 23rd Comedy Night featuring Daryl Makk

What more can we say except get ready to laugh!

Detailed information and online ticket sales coming soon!

December 8th Christmas Concert

It has been many years since we hosted a Christmas concert, but this year the tradition picks up and is ready to continue. This will be a wonderful time to gather as a community and celebrate the season.

December 31st Family Friendly NEW YEARS Dance

Looking forward to a new year? Ready for a fresh start? Kiss 2024 good-bye and say hello to 2025 at Square Butte Hall. This family friendly event will be a great way to kick-off and welcome the new year. There will be FOOD, FUN, FANTASTIC live music by 33 Union and PRIZES. Tickets and details coming soon!

Check us out on Facebook [@squarebuttehall](https://www.facebook.com/squarebuttehall)

Have other questions and want to connect with a person? Send us an email: info@squarebuttehall.com

Square Butte Community Association

FALL IMMUNIZATIONS NOW AVAILABLE

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Visit ahs.ca/vaccine or call **811** to book an appointment.



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MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m.

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

Tuesday November 12 is the next meeting .

This is our annual general meeting . This a great opportunity to hear all the important work our club does throughout the year. As well as the chance to give your great ideas for future meetings.

The roles of Vice President and Secretary-Treasurer are both up for renewal this year. Both Lorraine and Brenda will be travelling extensively in the New Year and would like someone else to step up. If you would consider either of these roles, please call Louise at (587) 834-1885.

Thank you to Lorraine Cathro who chaired the October meeting. Thank you also to Renee Miller for her presentation on dehydrated foods from the garden and to Cheryl Greisinger for sharing her knowledge on fall planted garlic.

Our December 10 meeting will be our Christmas potluck dinner , starting at 6:30 pm. Bring your favorites. Everyone looks forward to this delectable event.

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.

Millarville Horticultural Club
millarvillehorticulturalclub@gmail.com
millarvillehortclub.com



MILLARVILLE COMMUNITY LIBRARY

Did you know?

The library has received about 100 new books in the last month. A big mix of children's, junior, adult fiction and nonfiction have arrived and are waiting to be read!

Amongst the new books available are authors John Grisham, JD Robb, Daniel Silva and Peter May. There are a number of Christmas books on the way as well.

Classes

Although we are offering no classes at the present time, if you are interested in starting a new hobby there are books on knitting, quilting, fermenting, gardening, blacksmithing, painting, woodworking, cooking, and animal husbandry.

Would you?

Consider using our library space, at no cost, for groups or individuals to meet or hold a class? Contact the library to see if the space would work for you.

Bouquets

A big thank you to Robert McWilliam for the donation of his books to our collection. Robert is a local author of both children's and adult fiction. His genre is "What if."

Watch for him to do an author talk in the new year. Thank you to the new volunteers who have been helping in our library.

Need a read?

"Once There was Wolves" by Charlotte McConaghy is a beautifully written book about humans' effect on nature and each other.

Foster Wozniak, Millarville

MEOTA PARISH

All are Welcome! Come Worship with us in Meota Parish!

Services Sunday's @ 10:30am at Christ Church Millarville and St George's Diamond Valley

MEOTA PARISH



For more Information visit www.meotaparish.com

email: meotaparish@gmail.com phone: (403) 933 -3620

Proclaiming Christ in the Heartland!



SHEEP RIVER LIBRARY

Once again we had another spectacular Thanksgiving weekend with warm temperatures and beautiful colours in abundance. As I write this, the wind has decided to blow on in and those stunning shades are now littered on the ground. We know that snow is not far off and we look to what we can do indoors. The library has plenty to offer.

If you have a school-aged child who loves to sing and needs an outlet, the Kananaskis Kids' Choir rehearses at the library on Tuesdays from 4:30 -5:45 pm. They sing a variety of music and work to develop many vocal skills. Performance opportunities are provided as well as just having fun. For younger children, Giggles and Grooves is at 10 am on Tuesdays under the direction of Renee Boehmer. This is an excellent chance for pre-schoolers to be introduced to songs, rhythms and fun.

We have recently purchased a Nintendo Switch. The games we currently have are Super Smash Bros (10+), Mario Kart (E for everyone), and Mario Party (E for everyone). We will be adding more games in the future. The Switch can be used after school, 3:30-5:30 pm and for small birthday parties on the weekends if the room is available. The Switch is permanently located in Room 1. The device is locked to prevent additional games being used. We have a variety of controllers and Joy-Cons. Users need to sign up at the front desk and read the rules of use before being allowed access to the device. The library is not responsible for unattended children's actions, and inappropriate behaviour may disqualify future use of the Switch.

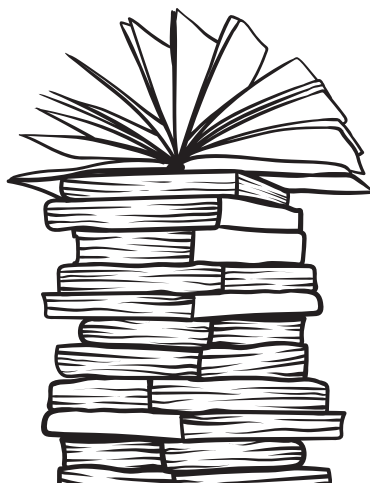
How to Start a Successful Business in Diamond Valley is a panel discussion presented by Community Futures on Tuesday, November 19 at 6:00 pm. This information session will be useful to anyone wanting to start a business, whether you are interested in a large commercial venture, a small business or working from your home. Two of the confirmed panelists are Tarek Nemr from Blue Rock Gallery and Ursula Sherwood from Community Futures. This will be a great opportunity to find out about business licences, marketing and how to build your business.

Deanna Lavoie's art show, Celebrate the Wisdom of the Wild Spaces is currently on display in our gallery space. A reception is being held on Saturday, November 9 at 2 pm. All of Deanna's pieces are for sale and would make fantastic Christmas gifts. Come along to view the art, meet the artist and enjoy some snacks.

The Library Drumming Circle with Chris and Don from YYC Drumming is at 7 pm on November 9. Please phone the library to secure your spot, 403-933-3278.

The last Soundbath for the year is on Friday, November 22. Please sign up at the library. Meditation Circle commenced again on Monday mornings at 9:30 with Brendan. Anyone is welcome to drop in to these sessions.

The library will be closed November 11 for Remembrance Day.



LONGVIEW LIBRARY

The Bingo game was a resounding success and so it will continue over the winter months.

October 30th was the first in a Speaker Series about Dementia, its myths, facts and helpful hints and support suggestions for caregivers and family members. Jennifer Mallamo, owner of Brainhealth Catalyst in Okotoks will speak. The ones following will be on November 13th, 20th and 27th. at 1 p.m. This series is free and we ask you to register with our librarian, Lynda Winfield at 403-558-3927 on Tuesdays, Wednesdays or Thursdays when the library is open.

The Writers Group has started for the season and will continue over the winter months. New members are most welcome. They meet the first Wednesday of every month from 1-2 p.m.

New books in the library are: The Last Letter, by Rebecca Yarrow, Here One Moment by Liane Moriarty, and The Anxious Generation by Jonathan Haidt. A pleasant read is The Secret Lives of Sunflowers by Marta Molnar. It is about the extraordinary efforts of Johanna Bongor, the sister-in-law of Vincent Van Gogh, to get Vincent's work recognized and in the public eye.

Sylvia Binkley - sliv@telus.net

Christmas Craft Fair

Saturday November 23rd 10am - 4pm
St. George's Hall, Diamond Valley

free admission!

Tables for Vendors \$30 each
Contact us at meotaparish@gmail.com or (403) 933-3620

MEOTA PARISH
Alberta Canada



DE WINTON COMMUNITY

A Bittersweet Farewell to Amanda

We are very sad (for us not for her) to announce that our lovely hall manager Amanda Gotmy has been offered a fresh new job that will better fit into her busy life and is leaving the DCA. Amanda has been amazing and we will greatly miss her enthusiasm and hard work. She will continue to help us while we try to find someone to fill her shoes. In the interim, Cindy Poole will be stepping into the role until we can find a new hall manager. Good luck in your new position Amanda!

..and Another

The community also recently had to say farewell to long time residents Larry and Corrie Loomes. Larry and Corrie have been actively involved in the De Winton community for decades and are recipients of our Walter Turnbull Award. Corrie was our very first volunteer playschool teacher and Larry most recently has been responsible for our roadway signage. They have left the area to be closer to family, and to warmer weather, on the coast. We will miss them dearly.

BEST PLACE FOR COMMUNITY SPIRIT

DE WINTON COMMUNITY 2024- 2025 MEMBERSHIP DRIVE

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP FOR THE
SEPTEMBER 1, 2024/ 2025 MEMBERSHIP YEAR

COST FOR MEMBERSHIP REMAINS AT \$21 PER YEAR PER
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JOIN US FRIDAY DEC 6 AT
DEWINTON HALL FOR

Social Night

JOIN US ON FRIDAY DEC 6 AT DEWINTON HALL FOR SOME FUN DANCE LESSONS WITH STEVE AND LAURIE, FROM RANCHMANS DANCE HALL. WE WILL START THE EVENING WITH A FUN 15 MIN LINE DANCE LESSON, FOLLOWED BY THE DOUBLE SHUFFLE.

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November Social Night
at DeWinton Hall

Join us on Friday Nov 1 at DeWinton Hall for some fun dance lessons with Steve and Laurie, from Ranchmans Dance Hall. We will start the evening with a fun 15 min Line Dance lesson, followed by a Western Waltz.

Doors open at 6:45, lesson begins promptly at 7 pm
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Lessons are \$ 22 for DCA Members, \$27 for Non DCA Members
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HELLO DIAMOND VALLEY

Well we've had a fairly nice fall so far, really nice temperatures in October for sure. I hope everyone had a good Thanksgiving, my cousin invited us over for dinner and barbecued burgers, which was a nice change from the usual turkey. Now we get into gear for Christmas. There are a ton of fantastic Christmas Markets in our beautiful Foothills, and with so many talented and creative artists in the area, you are sure to find the right gift for those on your list, and maybe some treasures for yourself as well.

The Ladies Auxiliary Annual Xmas Market from the Turner Valley Legion is hosting theirs on November 30 from 10-3, at the Legion. Try your luck with their ever-popular bucket raffles, shop local vendors, bake sale, 50/50 draw, and annual Xmas raffle. This is their main fundraiser of the year, and all funds raised go toward local charities such as Rowan House, Sheep River Health Trust, Foothills Country Hospice, Oilfields Food Bank, and the Legion. Helping them this year with funds towards the Legion's kitchen reno as well as a donation towards an urgent foundation/outside wall repair. So come on down, the kitchen and the bar will be open and enjoy the day!

Down the road from the Legion is the Sheep Creek Arts Council, and they would like to have a market in November for kids to showcase and sell their creations to our community for Christmas gifts. If you're interested in being included in this, and for details on the date and time, please email Kym Wilkie at kym.wilkie@gmail.com. And be sure to check out the fall classes at the SCAC, there's sure to be something that will pique your interest.

Other Christmas Markets in our Foothills include:

Turner Valley United Church Nov. 23
10-3 with vendors, baking, crafts, and new-to-you items, 125 Royal Avenue, Turner Valley

Millarville Nov. 7-10 and Nov. 14-17, tickets must be pre-purchased in advance


Springbank Nov. 2, 9-5, Nov. 3, 10-3 at the Community High School

Red Deer Lake United Church starts Nov. 16 10-3

Spruce Meadows Nov 15-17, Nov. 22-24

Granary Road Weekends Nov. 30 – Dec. 15

DeWinton Nov. 16 10-3



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Leighton Art Centre Nov. 8 – Dec. 21 10-4

High River Staff and Auxiliary Nov. 23
10-2 at High River Masonic Hall

Bragg Creek Nov. 16-17 10-5

St. George's Anglican Church in Turner Valley is home to the Samaritan's Purse Shoebox Collection Nov. 18-24

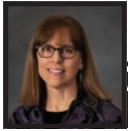
And as always, a great Christmas gift is a donation to charity in your giftee's name.

A few reminders, the Firefighter's Food Drive is coming up this November, watch for signage as to when they will come around with the fire trucks to collect for the Food Bank. And Diamond Valley Light-Up is scheduled for Dec. 7, volunteers and sponsors needed and appreciated.

Remembrance Day is November 11, there is a Ceremony at the Oilfields High School, it usually starts at 10 am, please be on time so as not to interrupt the Ceremony. The Turner Valley Legion open afterwards for refreshments and fellowship. And please wear your poppy this month as the Poppy Campaign raises funds in support of Veterans and their families. The deep red flower is worn because poppies were among the first flowers to bloom on the battlefields of northern France and Belgium in World War 1.

Welcome new businesses in Diamond Valley, and love the murals popping up around town. Any events for December, please email me at elaine.w@telus.net before Nov. 15.

Enjoy the Markets!
Elaine Wansleben



COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Recent Cougar Encounters:

According to Alberta Environment and Protected Areas, the highest population of cougars in our province thrives in Southwest Alberta. That's in our backyard! In recent weeks, residents have been posting their many bear and cougar sightings, videos and encounters. With all this activity, it's a good time to refresh our awareness about living with wildlife.

Message from Foothills Agricultural Services:

With cooler temperatures approaching, predator activity can increase. Residents and visitors are reminded to be cognizant of wildlife and the potential for predators becoming more active. Several recent reports indicate an increase in cougar activity in Foothills County.

Residents are Encouraged to:

- Be cautious during dawn and dusk when wildlife is most active.
- Make noise to alert a cougar or other potentially dangerous wildlife of your presence.
- Keep children close. Never let them play outside unsupervised or at dawn and dusk.
- Keep pets close and supervise them when outside.
- Leave an area if you see or smell a dead animal.
- Carry bear spray when out and about.

If You see a Cougar:

- Do not approach the animal.
- Face the cougar and retreat slowly – do not run or play dead.
- Immediately pick up small children or pets.
- Try to appear bigger by holding your arms or an object above your head.
- Be aggressive, shout, wave a stick or throw rocks to deter an attack.
- Report your sighting or interaction to Fish and Wildlife at 403.932.2385.

For more Info, visit:

<https://www.alberta.ca/cougars>

Proper Disposal of Hazardous Materials:

In response to a fire at the Foothills Landfill this summer, Foothills County asks residents to consider the importance of proper disposal of household hazardous waste. Improper disposal can cause pollution, health impacts for plant and animal life, and fire risk due to flammability of ignitable and/or reactive items. The Landfill's hazardous waste sorting site is intended for residential customers with quantities of hazardous waste less than 20L, to handle these items properly and keep everyone safe. For details, visit: <https://foothillslrrc.com/service/hazardous-waste-paint/>

Foothills Regional Landfill & Resource Recovery Centre:

is owned and operated by the Foothills Regional Services Commission, which services and accepts waste from the following communities: Foothills County, Town of High River, Town of Okotoks, Diamond Valley, Town of Nanton. Regular landfill hours are 8:30 a.m. to 4:30 p.m. Monday- Saturday. Closed on Sunday and all Statutory Holidays. Located in Foothills County on Highway 783 (16 Street E.), 5.5 Km south of Highway 7, 5 km north of Highway 543. For details, contact info, map, rates, FAQs and services, visit: <https://foothillslrrc.com/> or phone 403.938.5224

Priddis Transfer Station: is open Tuesday and Saturday from 10:00 a.m. to 4:00 p.m. Phone: 403.931.3266. Located at SE-29- 22-3- W5M (264 St. W. & 178 Ave). Bags can be purchased at the Priddis Transfer Station for \$2 per bag. The cost of this garbage service is 75% subsidized for Foothills County residents.

Fire Advisory since September 12, 2024:

As of the writing of this article, Foothills County remains in the state of a Fire Advisory. Moisture levels and fire risk will continue to be monitored throughout the County and the status updated as needed. The County asks residents to use extra caution and be extra vigilant when burning. If the conditions change, the County may impose a fire ban or restriction at any time. Check the current status and view more details about what is permitted under a Fire Advisory on our website: www.foothillscountyab.ca

Forestry Fire Risk: Wildfire danger across the Calgary Forest Area, located west of Foothills County, remains very high as of a mid-October report. Although cooler overnight conditions have set in, there has been a lack of precipitation which contributes to maintaining very dry conditions. For updates, visit: <https://srd.web.alberta.ca/calgary-area-update>

Div. 4 Local Road Construction: The corner of 210 Ave W and 256 St W is currently under construction. Our Public Works Department has been undertaking this realignment over the past few weeks. While the project is under way in 2024, it will likely be concluded in the spring of 2025. Throughout the winter months, materials will be stockpiled for the continued work on this project.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards, Suzanne

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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

It has been another lovely Fall this year. Great weather and once again the countryside was covered with beautiful colours.

Millarville Horticultural Club

The Millarville Horticultural Club had a fun meeting in October with two guest speakers. Rene Miller made a presentation on Dehydrating Vegetables, Fruits, and Herbs. Cheryl Greisinger from Forage and Farm gave us some handy tips on planting garlic and brought some garlic for purchase.

For those who are new to the area, we welcome everyone who want to learn and share ideas on gardening. Meetings are held at the Millarville Church House, usually the second Tuesday of each month, from 7:00 p.m. to 9:00 p.m. This year's AGM will be held on Tuesday, November 12. For more information go to their Facebook page: www.facebook.com/millarvillehortclub

Millarville Christmas Market

Start planning ahead for this year's Millarville Christmas Market.

New Dates and Times for 2024:

Thursday, November 7,
9:00 a.m. to 5:00 p.m.

Friday, November 8 and Saturday,
November 9
9:00 a.m. to 6:00 p.m.

Sunday, November 10
9:00 a.m. to 5:00 p.m.

Thursday, November 14
9:00 a.m. to 5:00 p.m.

Friday, November 15 and Saturday,
November 16
9:00 a.m. to 6:00 p.m.

Sunday, November 17
9:00 a.m. to 5:00 p.m.

Entry Fee:
\$7.50 including fees and GST
12 and under Free

Tickets must be pre-purchased in advance:
www.showpass.com/millarville-christmas-market-11

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Mrs. Claus Photo: Carol Papworth

Millarville Racing and Agricultural Society - Volunteer Appreciation

Millarville Racing and Agricultural Society's Volunteer Appreciation night was held on Saturday, September 21. It was an evening of celebrating the volunteers who faithfully give up their time to keep the events going each year. This year 5 volunteers were given the Lifetime Membership Award for all their hours of volunteering over many, many years. Those honoured this year were Arlene O'Brien, Sandy Mackenzie, Blaine Clark,

Mark MacDonald, and Brad Corbeill. Congratulations! Well deserved!

Millarville Historical Society

Millarville Historical Society held its First Members Only Celebration at the Millarville Racing and Agricultural Society on Saturday, October 5.

The guest speaker Bruce Masterman, who was a councillor for the town of High River, a career journalist, former college journalism instructor, writer, book author, and fly fisherman. He shared stories and photos on how the Ann and Sandy Cross Conservation Area has become such a wonderful gift for Albertans to enjoy.

Foothills County Historical Committee, Monday, October 7, 2024

The University of Calgary made a presentation on its Oral History Project. The University receives substantial funding for 5 years for the history of energy in Foothills County. The team has great ideas including a QR codes you can scan at a specific site where a video will pop up on your phone and give you the history as you view the site.

They wish to partner with Foothills County and want stories, information, contacts of people who have knowledge of the Oil and Gas activity in Foothills. I can think of many who could contribute to this project.

If you have knowledge and/or stories, please contact me.

Remembrance Day

The Remembrance Day service will commence at 10:30 am on Monday, November 11 at the Oilfields High School in Diamond Valley.

LEST WE FORGET

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca

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DUANE HARDER

Grow Up!

When we were young and did something foolish, we probably heard our parents say something like this, “When are you going to grow up?” In other words, “Your behavior is unacceptable and needs to change.” Unfortunately, even though the rebuke highlighted a weakness it lacked definition. It failed to tell us what was wrong with our choice, and what steps were needed to change our behavior.

I believe most of us want to grow up and become a productive, respectable person. At 83 I want to continue growing up — my character to continue being refined and my knowledge to keep expanding. Let me share what I have learned thus far on my journey.

Be at Home in Your Own Skin

I had a full-length mirror in my counseling office. Some people called it the torture chamber. Patients would stand in front of the mirror and I would ask them what they saw. Very few people looked directly into the mirror. Never once did I hear anyone say they saw a beautiful (or an appropriate masculine adjective) person that had real potential. 99% of the people gave negative comments about what they saw.

There are real consequences in our life when we are not at home in our own skin. We live under a cloud of self-rejection. This leads to a fear of intimacy. We live with the

fear that if a person really knew what we were like they would reject us. Furthermore we can adopt a doormat mentality. A doormat is powerless and consequently remains a victim. The victim is a prisoner of circumstance and requires sympathy, not an exhortation about change. We become skilled at Blame shifting. This allows us to avoid accepting responsibility for our choices, the decisions of our will. Circumstances, lack of support, poor communication, unrealistic expectations, and the list goes on. To say, “I was wrong” sinks me further into the pit of “no value.” Furthermore, I use the microscope when looking at others. I magnify their faults to parade my value. We need to remind ourselves that when we throw mud, we lose ground.

So how do we grow up and learn to see ourselves as a person of value?

Let Go of Resentment, Jealousy, and Entitlement

Resentment is a complex emotion that involves disappointment, disgust and anger in response to a perceived unfairness or wrongdoing. There are real painful wrongs that we experience. Resentment allows the wrong to capture me and hold me as its prisoner. Forgiveness sets me free from the prison of resentment. In forgiveness I see that the wrong doer has a deeper need than the pain

inflicted by the wrong. I allow my pain to reveal the deep need of the person who inflicted the wrong.

Jealousy says, “You do not have the right to possess what I want.” What you possess has the power to elevate my status, enhance my image, or empower my authority. Jealousy is the cancer of the soul.

Entitlement entrenches my rights and deadens my capacity for gratitude. Entitlement places me and my desires at the center of my world. After me, you come first.

Resentment, jealousy, and entitlement are enemies of the soul and reflect a low view of our own value. These enemies keep me focused inward rather than on what I can give. The more secure I am in my value, the freer I am to give.

Don't let others rob you of the reality of the true value of your worth. You are fearfully and wonderfully made. Look in the mirror. Give thanks for what you see. Let the potential of who you were created to be bring help to others and I'll see you at the top!

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A POPULAR TRAIL GETS A MUCH NEEDED REROUTE, COURTESY OF FRIENDS OF KANANASKIS COUNTRY.

The Friends of Kananaskis Country is excited to officially open the new and improved section of Powderface Creek Trail, a popular trail in the Kananaskis Country Public Land Use Zone. The Friends received a \$240,000 grant from Alberta Forestry and Parks for this project in the spring of 2023. This past Friday, October 18, the Friends celebrated the completion of the project with a ribbon cutting ceremony to officially welcome recreationists onto the new and improved section of trail.

“It was an excellent idea to move the trail to the dry sunny side of the valley, and trail users will surely appreciate the easier grades.” – Gillean Daffern, author of renowned five-volume series Gillean Daffern’s Kananaskis Country Trail Guide.

Powderface Creek Trail runs between Hwy 66 and Powderface Trail. It offers access to the northern section of Powderface Ridge, a popular trail for mountain bikers and hikers. This popular multi-use trail is enjoyed by hikers, bikers, and equestrians. The completion of this project saw the re-route of approximately 2.6 km of trail and includes better grades, improved drainage, and a more sustainable trail design. In addition, the project saw significant improvements to the 1.6 km approach from the west coming from Powderface Trail.

The reconstruction wouldn’t be complete without the support of our partners. McElhanney were the experts behind engineering the design of the new trail, while heavy equipment reconstruction in this backcountry location was provided by Lifetime Outdoor Inc. Of course, the Friends of Kananaskis Country volunteers spent hours working on the trail to get it ready for the public and decommissioning the old section of the trail that is no longer in use.

“Thanks to our team of volunteers and staff, the Friends of Kananaskis Country Board is so proud and excited to open this new and improved section of the popular Powderface Creek Trail. Those familiar with this trail will be delighted with the new re-routing.”



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– Janice Pasioka, Co-Chair of the Board of Directors for Friends of Kananaskis Country.

The official opening of the new section of trail was marked with a ribbon cutting ceremony, complete with cupcakes, attended by Friends of Kananaskis Country board members, staff, public lands staff, and volunteers.

For more information about the rerouted Powderface Creek Trail and Friends of Kananaskis Country, or to arrange an interview with Executive Director Trevor Julian, please contact info@kananaskis.org or call 403-608-8241.



ASK CARA - AN EVERYDAY ADVICE COLUMN by Cara Chalmers

Dear Cara,

I am writing to seek any advice you may have on sleep. As a mid-aged woman I have found myself struggling with sleep the past year or so. This doesn't always look the same and therefore I find it difficult to pinpoint the cause for these sleep disturbances.

My sleep issues typically look one of two ways:

1) I am tired in the evening and I go to be at around 10pm and am able to fall asleep fairly quickly. However, at about 3am or 4am I wake up, my mind begins to race, and that is it for me because I am unable to fall back asleep.

Or,

2) I am tired in the evening and I go to bed at around 10pm, my mind begins to race and I am awake for hours. Sometimes I can fall asleep before midnight but other times this mind racing can last until the hours of the morning.

Both of these scenarios are very challenging for me as I am a professional and I need to be up and functioning 5 days a week for my job. I would estimate that I suffer from one of the above scenarios between 3-5 nights per week. Because of the lack of sleep I am exhausted and can become irritable and lose my patience quickly. I often have bags under my eyes and fantasize all day about when I can finally getting back into bed in the hope of falling asleep. However, once bedtime rolls around my brain can become 'super-charged' and sleep feels impossible.

I have tried several sleep apps with meditations and other strategies to try and relax. Unfortunately none of these seem to

have any meaningful impact and I become frustrated at times with the costs of the accompanying subscriptions for these services. I have also done my research on Sleep Hygiene and I feel that I have very good habits around my bedtime routine, I'm not sure that there is much more I can be doing to promote this.

What am I missing? Sincerely,
Exhausted in the Foothills

Dear Exhausted,

Oh dear, I feel tired just reading this! Being chronically tired is very challenging and can have major impacts on our day to day lives as well as our longer term physical and mental health outcomes. One of the most important things to understand about rest is that our sleep cycles are generally regulated by something called our Circadian Rhythm.

A Circadian Rhythm is the 24-hour, natural, internal clock in our brains that control our alertness and our sleepiness. This Rhythm is influenced by our exposure to light, particularly daylight, in our environment. These rhythms not only apply to humans but they have been widely observed and studied in animals and other organisms on the planet.

With this in mind, I think that it may be worthwhile for you to consider your exposure to daylight on a regular basis. I know that this can be tricky living as far north as we do here in the foothills of Alberta. Sometimes we need to get creative about this, especially during the winter months. Consider how much time, if any, you are incorporating exposure to sunlight into your daily routine. This can include direct exposure or exposure through a window in a house, office or even a vehicle. Timing can also be important when considering access to daylight - the earlier the better, to be precise. Exposure to light early in the day can help to set up and/or re-establish a good Circadian Rhythm.

Sounds simple, right? I know that getting the sleep we need can be far more challenging than just getting daylight on a regular basis. With that said, my other suggestion to you is to do an inventory of how physically active you are on a regular basis. Engaging in regular activity and keeping our bodies moving is, in my opinion, the BEST way to help us both fall asleep and stay asleep through the night. This can be as simple as a quick and brisk walk up and down the road or around the block. Walking is the most accessible and generally useful form of exercise humans can engage in, don't underestimate its power! In my experience, no one ever regrets getting out for a walk when they can.

Tell yourself that you are going to experiment for 10 days and consider prioritizing exposure to daylight early and at other opportunities throughout the day. Then consider adding in some full body movement, your choice, but I think that a quick walk in the morning, at lunch, or after work when there is still daylight may be a way to kill two birds with one stone. At the end of this 10 days examine if and how your sleep may be changed.

If this strategy is not useful for you (or maybe even just as good measure) then I would recommend a conversation with your doctor. Family doctors can be excellent resources to help us explore and understand the impacts of sleep and why sleep may be so difficult for you at this time. Sleep is important and this could be related to other things.

Cara Chalmers, is a local writer, therapist and registered social worker living in Springbank, Alberta. Need some advice? Questions for Cara can be emailed to: cara@askcara.ca

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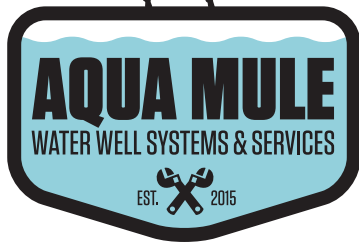
**WHEN YOU NAME
SOMEONE AS EXECUTOR OR
ALTERNATE EXECUTOR**
by Bill Stemp

When you name someone as executor or alternate executor in your will, make sure that you talk to them first to make sure that they are on board and agree to do this. The last thing you want is to nominate someone to be your executor or alternate executor to then find out that that's the last thing they wanted to do and they're not willing to become your executor. It is not pleasant for us to call an executor and tell them that our client has passed away and you were named as executor to only be told by the executor that they don't want to be an executor and never wanted to be one. You also do not want to name someone who is out of the problems are out of the country as executor. In most cases the court will require what's called a surety bond from the executor. The surety bond is issued

by insurance company and is intended to reimburse beneficiaries if the executor embezzles the estate funds. In most cases the executor will not qualify for the bond resulting in the court not allowing them to be an executor. Even if the executor does qualify for the bond, the cost can be quite high and must be paid by the estate, thereby diminishing the funds available for distribution to the beneficiaries. Also when you want to name someone as an executor or alternate, make sure that they have a good financial mind and have experience in running a business or something similar. You do not want to name someone as executor who feels overwhelmed by the entire process

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MORTGAGE MATTERS by Candace Perko

Recent Mortgage Rule Changes

It's been busy for mortgage rule changes, with both the Department of Finance and OSFI introducing significant updates.

On the heels of the federal government's detailed framework for expanding 30-year amortizations and increasing the insured mortgage cap, Canada's banking regulator, OSFI, announced its own major reform: the removal of the stress test requirement for uninsured straight mortgage switches.

Here's a breakdown of the changes that will affect lenders, brokers, and borrowers alike:

1. Federal government's mortgage rule changes (Effective Dec. 15, 2024) 30-year amortization expansion:

- Eligibility: Applies to high loan-to-value mortgages (80% or more) for:
 - First-time homebuyers, or
 - Buyers of newly constructed homes.
- First-time homebuyer definition: To be considered a first-time homebuyer for the purpose of 30-year insured mortgages, a borrower must meet one of the following criteria:

- The borrower has never purchased a home before; or
- In the last 4 years, the borrower has not occupied a home as a principal place of residence that either they themselves or their current spouse or common-law partner owned; or
- The borrower recently experienced the breakdown of a marriage or common-law partnership. On this point, the regulations will follow the approach that Canada Revenue Agency has taken with respect to the Home Buyers' Plan.

- Newly constructed homes: Must not have been previously occupied for residential purposes. Interim occupancy periods in newly built condos do not disqualify eligibility.

Mortgage insurance cap increase:

- New price cap: The insured mortgage cap is rising from \$1 million to \$1.5 million. To qualify for insurance:
 - The insured property must have a value of \$1,499,999 or less.
- Down payment requirements:
 - 5% for the portion of the purchase price up to \$500,000.
 - 10% for the portion between \$500,000 and \$1.5 million.
- Occupancy requirement: Applies only to properties occupied by the borrower or a close relative.

2. OSFI announcement: Removal of stress test for straight mortgage switches (Effective Nov. 21, 2024)

The Office of the Superintendent of Financial Institutions (OSFI) confirmed that OSFI will remove the mortgage stress test requirement for uninsured straight mortgage switches starting Nov. 21, 2024. This change will allow borrowers to switch lenders at renewal without having to qualify at the higher stress test rate.

- Background on the stress test: Introduced in January 2018 under OSFI's B-20 Guideline, the stress test required borrowers with uninsured mortgages—those with a down payment of 20% or more—to qualify at the higher of the Bank of Canada's five-year benchmark rate or their mortgage rate plus 2%.
- Impact of the change: The upcoming adjustment applies specifically to straight switches of uninsured mortgages, where borrowers move to a new lender but maintain the same loan amount and amortization schedule. This will make it easier for borrowers to shop around for better renewal rates without the stress test burden.

Contact your favourite mortgage broker to learn more or take advantage of these positive changes!

Candace Perko, Mortgage Broker



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GET RIPPED by Jari Love

How to Have Your Cake and Eat It Too Holiday Guide

The holiday season is a time for celebration, family gatherings, and of course, plenty of delicious food. But for those trying to maintain a healthy lifestyle, the holidays can feel like a test of willpower. The good news? You don't have to choose between enjoying your favourite treats and staying on track with your fitness goals. Here's how you can "have your cake and eat it too" during the holidays.

1. Plan Ahead, Not Just Your Plate

Heading into a holiday event without a plan can lead to overindulging. Think ahead about what you want to enjoy most. Is it your aunt's famous cookies, or are you more excited for the savoury dishes? Prioritize the foods that matter most to you and give yourself permission to enjoy them without going overboard. When you set boundaries ahead of time, it's easier to indulge mindfully.

2. Balance is Key

Holiday meals are often packed with rich, heavy dishes, so balance is crucial. Aim to fill half your plate with vegetables or lighter options, a quarter with lean protein like turkey or roast beef, and the last quarter with the indulgent sides you love—whether that's mashed potatoes, stuffing, or dessert. This way, you can enjoy a variety of flavours without overloading on calories.

3. Move Before (and After) the Festivities

A great way to set a positive tone for the day is to start with some physical activity. Whether it's a walk, a quick workout, or even a fun outdoor game with family, getting moving helps boost your metabolism and puts you in a healthy mindset. Post-meal, consider going for a walk to aid digestion and burn off some of those holiday calories. Plus, it's a great opportunity to catch up with loved ones.

4. Watch Your Portions

Holiday feasts often tempt us with large servings, and it's easy to go back for seconds or thirds. The secret to enjoying the meal without overindulging is portion control. Start with smaller

portions of your favourite dishes and eat slowly, savouring each bite. If you're still hungry after your first plate, wait 10-15 minutes before getting more—often, your body just needs a bit of time to feel full.

5. Be Mindful of Drinks

It's easy to forget how quickly holiday drinks can add up in calories. Whether it's a glass of wine, a cocktail, or a sugary cider, those liquid calories can sneak up on you. Enjoy your favourite beverages in moderation, and try alternating with water to stay hydrated and avoid overconsuming. This small change can make a big difference without sacrificing the festive spirit.

6. Enjoy Your Favourite Foods—Without Guilt

One of the biggest stressors during the holidays is the fear of overindulging. But the holidays are meant to be enjoyed, and part of that enjoyment is indulging in your favourite treats. Allow yourself to enjoy the foods you love guilt-free. When you approach the meal with balance and mindfulness, you'll feel satisfied and happy, not regretful.

7. Make It a Day, Not a Season

Holiday meals can easily stretch into days or even weeks of indulgence. The key to staying on track is to treat holiday feasts as a single event rather than letting the celebration spill into the days that follow. Savour the holiday meal, then return to your normal healthy routine the next day. Leftovers are great, but they don't have to derail your progress.

By planning ahead, staying active, and enjoying your favourite foods in moderation, you can enjoy the best of both worlds—celebrating the holidays and staying committed to your health goals. The holiday season should be about joy, not stress, so embrace the festivities and have your cake (or pie!) without worry!

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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THE CHRISTMAS PRESENT by Andrea Kidd

I kicked open the back door, walked into the kitchen and dumped my school satchel on the floor. Then I saw it! My Auntie's Christmas present had arrived in the mail. It was on the table. We had an estrangement in our family and we did not see Auntie very often, but she always remembered my birthday and Christmas. She had wrapped my present in brown paper and tied it meticulously with string and many knots. My insides jittered as one by one I picked at the knots and loops until they began to give. I teased each one loose with a fingernail, and unravelled them until I could roll the long piece of string into a ball. Then I unwrapped and neatly folded the brown paper, anticipation building in my unhurried exercise.

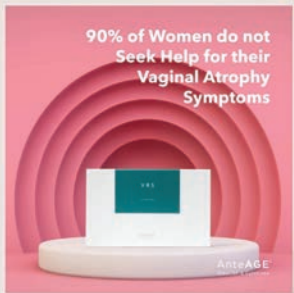
I unwrapped a plastic plate with plastic food molded onto it. The colours were quite realistic. I was a confusion of emotions. My internal jitters settled into heavy mud. What can you do with plastic food embedded onto a plastic plate? It was stupid! Roast beef, mashed potatoes, peas and carrots you couldn't eat, didn't smell right and couldn't even be rearranged! I should be grateful. I should be delighted. I was disappointed. I felt guilty. What a mixture of emotions I wished I didn't feel!

That is the drawback with presents. They may delight. They may disappoint. You may have to "fake it".

I loved Auntie. She always meant well. She always cared for me. Although relationships in the family had broken down, she was warm and loving towards me. I was grateful to her for being who she was. She was a good "presence" in my life, even if the present she chose for me did not please me.

Some gifts are more delightful than the ones wrapped in silvery paper, topped with a flamboyant bow. It may be difficult to come up with the "perfect gift", but maybe that does not matter as much as we think it does. Auntie was "present" in my life, even though circumstances made it difficult for her. She greeted me with a smile. She asked about my life. She accepted me. Love is the greater gift.

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OUT OF THE RUT Chapter 171

Crikey! What a glorious fall that was. Such richness of colour. Every sunrise seemed to be awash with colour and crazy light, each evening the same. The Aurora was kicking off so many nights it was almost tedious hearing about it if one wasn't fortunate enough to be awake with a clear sky in the right place at the right time.

I spend my days between various groups of animals and glorious scenery, sometimes, quite often really, the two are combined. Watching a herd of Elk illuminated by late afternoon sun against vivid green fields before deepest golden forests of aspen beneath a blue, silver and black sky was extraordinary. We have been graced with such clement weather for the whole month of October, it's delicious. By the time this goes to print, the cold must surely be upon us and having to layer up and clad oneself in thick insulation against the wind and cold will be a familiar reality.

Fantuzzi will have come and gone. A small concert in Yoga Spirit to share a little of his extraordinary light with those inclined to wonder. Soon my wandering path will echo his, in an opposite direction, taking me east this winter to England and Spain to investigate the goings-on of my good friend Bonny and to spend the celebratory days with my esteemed parents.

Come the darkest days of winter I hope to be revelling in somewhat more relaxed conditions than shovelling snow and scraping ice from windshields, two tasks I confess I do not relish. I look forward to exploring the Spanish mysteries of daily life, compounded by my poor linguistic skills. Where those days will lead is anyone's guess.

I hope to spend many hours in practice – bodywork for humans and horses. There's usually no shortage of volunteer victims, but these days I also yearn for more equine opportunities. If I can rustle up the Spanish vocabulary to make it happen, perhaps I'll get to practice on a few fabulous Andalusians while I'm there. This will be the first visit without the chance to ride and play with my lovely grey Andalusian friend, sadly he galloped off into another realm this past year.

Perhaps I'll even manage a few other equine and artistic connections while on my travels. A lovely lady I met here several summers ago... we keep in contact as her youthful travels and equine work placements have taken her around the globe. She's currently in southern France, or maybe Spain, or perhaps back in Ireland. Time will tell if a meeting is a practical reality.

Another friend from Calgary is murmuring ideas of Spanish visits too. It would be a blessing to rendezvous in that country. Previously we have met in Thailand and practised the art of Thai Massage together, shared the experiences of that delightful country, it's people, food, temples, art, travelling a little together and sharing the extraordinary. To have some time to see Spain together would be quite wonderful.

So much to look forward to. So much fills my days right now. I am grateful, thankful, appreciative of the wonders that surround me and the magical chances that dust my life with stars and sunshine. I hope you too are enjoying whatever the universe is dropping in your lap and remembering to say yes more often. It really helps.

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FINDING PHANTOMS "WHO" WINTER WELL by Laura Griffin

All the leaves are down

And the sky is grey

I'll go for a walk

On a winter's day

I might see a ghost

If I am a birder

The great grey owl prowls

On such a winter's day.

Not the best version of a Mamas and Papas song, but one that will fill my head nonetheless as I meander through the foothills in November seeking the tallest, yet one of the most elusive owls in North America, the great grey owl. The Latin name *Strix nebulosa* roughly translates to screeching owl of a cloudy sky, describing its beautiful dappled grey plumage that camouflage it so well in our boreal and parkland forests. Many refer to it as a ghost, phantom, or spectre of the forest as they fly silently and blend in so magnificently. They are so good at hiding that Europeans discovered them in North America before realizing there was a Eurasian population as well. I prefer to search for these ghosts of the forest in the winter for a few reasons.

The first is because the snow and cold drive not only the leaves away making it easier to see them against the trees, but also other less hardy neighbours. Fairweather humans and songbirds are a noisy bunch so having the quiet of winter helps when listening for the repetitive hoo, hoo, hoo's. They have a soft call; the screeching part of their name could refer to the juvenile calls and not the adults. If you are lucky enough to come



Photo by James Griffin

across one of these owls admire their disc shaped face and distinctive white bowties, but do not approach too closely as they do not enjoy being disturbed. Despite their apparent formidable size, great grey owls are almost all fluffy feathers and weigh just over two lbs.

The feathers serve more than just keeping them warm and looking big. The feathers specialized design helps them silently fly through the air. The feathered disc of their face helps to collect sound to their asymmetrical ears, both in shape and position, where they can use these ears to pinpoint sounds both vertically and horizontally. This ability allows them to detect their small prey, like voles and mice from a great distant and silently swoop in for a meal. In the winter, even if you are not lucky enough to find a great grey you may

come across one of my favourite tracks. A hole in the snow surrounded by the outstretched wing tips of an owl's feathers. This is from a hunting technique referred to as snow-plunging, a favourite method of the great grey. They perch or hover listening for their prey beneath the snow, and when they locate one, plunge into the snow seemingly face first, but at the last moment switch to talons first. One study by Michael Collins recorded these plunges to a depth of 33cm! I guess if you're an owl "who" needs to eat up to seven voles a night to stay warm, sometimes you have to take the plunge.

There is no "talon" what you might find on your next winter wander, but I hope it is a hoot.

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Remembrance Day

Remembrance Day is observed in Commonwealth countries on 11 November to recall the end of First World War hostilities. Hostilities ended "at the 11th hour of the 11th day of the 11th month" of 1918.



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ADHD AND NATURAL REMEDIES

DO THEY WORK?

I get asked a lot on how to augment ADHD treatment. There's no way to predict in advance if a person will be helped by any one particular approach, even medication. It is critical to monitor the person's symptoms closely in order to know what works well or not (including setbacks and side effects). Most of all, be open to a variety of changes in nutrition, exercise, sleep habits and lifestyle.

I KEEP MY SYMPTOMS IN CHECK BY....

Implementing a multi-modal treatment plan is the key to managing your ADHD.

Different strokes for different folks. Some prefer behavioral therapy or coaching, cognitive behavioral therapy (CBT) and/or parent training. Others simply watch what they eat or when they exercise, and how it makes them feel. A friend in the same boat can be invaluable to help keep you on track. Many reduce their exposure to EMF, try acupuncture or alternatives like CBD oil. For the latter, keep in mind that there are limited studies available showing different results.

SUPPLEMENTS AND VITAMINS TO BOOST YOUR ADHD BRAIN

Omega 3 fatty acids, zinc, iron, protein, low sugar foods and a host of homeopathic remedies, etc. A diet that is rich with a broad spectrum of micro nutrition can be a powerful tool for managing ADHD symptoms. According to Richard Wurtman, protein triggers neurotransmitters

responsible for inducing alertness, while carbohydrates trigger drowsiness. It also prevents surges in blood sugar that may increase hyperactivity. It's not called 'comfort food' for nothing. Plant-based and high fiber foods such as fruit, vegetables, whole grains and legumes help stabilize energy levels. If you take medication, a low-fat breakfast (or home-made smoothie) will maximize its effectiveness. Fats can cause the body to absorb the medication more slowly, thus delaying efficacy.

RESTORATIVE SLEEP

It is thought that people with ADHD might spend less time in the REM cycle of sleep. This is the long, deep sleep that leaves you feeling rested. Practicing good sleep hygiene, starting with a consistent bedtime routine could prevent ADHD symptoms from getting worse the next day.

EXERCISE

Short-term aerobics, including yoga has positive effects by decreasing your cortisol levels ('stress' hormone), increasing endorphins ('feel good' hormone), dopamine, serotonin and norepinephrine. Climbing stairs or walking 30-minutes four times a week will also do the trick. Green time outside will help you recover from attention fatigue. Consider simply 20 minutes in the backyard or any green open space, gardening, walking the dog, biking to school or to work.

MINDFULNESS

This is an attention-awareness technique that reduces stress, develops positive emotions and strengthens self-regulation skills. The idea is to become more aware of everyday activities and to stay in the moment as much as possible. For example, check in with your biodata like breathing. Just focus on the sound of it while walking instead of whether it's 'normal'.

HOMEOPATHY

Yes, it has its critics but many believe this 200 year old practice helps relieve symptoms of hyperactivity, inattention and anxiety. Consult a homeopath and ask for clinical studies to support the efficacy of recommended treatments.

Sources: Wurtman, Richard. *Nutrients that modify brain function. Scientific American, vol. 246, no.4, 1982, p50-59.*

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WANTED

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

WANTED FIREARMS AND LAWN EQUIPMENT Paying cash for unwanted firearms. Free pickup of unwanted garden, lawn, acreage equipment, generators, chainsaws, golf carts, etc. Millarville, Priddis, Okotoks and between. Call or text 306-641-4447

COUNTRY LANE QUILTERS GUILD meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

LOST FRIDGE VENT COVER for Triple E trailer. Contact: Pat Phone: 403-271-7686
Lost on Highway 22 near Millarville, aluminum fridge vent cover for Triple E trailer. White in color. Approximately 10" high x 20" long

WANTED

HAY SHARE CROP OPPORTUNITY in the Priddis/Millarville area. 403-999-2404
CATTLE PASTURE for 20-25 cow/calf pairs for Summer & Fall 2024 & beyond. Willing to repair fences 403-999-2404
ASSORTED FARMING EQUIPMENT
403-999-2404

WANTED: SMALL FARM WITH LIVEABLE YARD SITE Contact: Al Phone: 305-641-4447
Must be large enough to qualify as a farm operation. Nature gas, good water, and a few trees to be seen. Taxed as agricultural land.

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

STILL SEEKING ACCOMMODATION.
Active senior female, part time gardener, N/S, no pets, looking for self contained space. Ready to move in anytime! References and police clearance. Please call or text 403 397 6728.

LOOKING TO RENT
Contact: Simone Phone: 403-771-9475
I'm looking to rent an apartment or small house in Diamond Valley. I'm a female and a senior. I have references, don't smoke and have no pets. Thanks in advance.

1 BEDROOM APARTMENT OR HOME TO RENT Independent 79 year young male, non-smoker, on fixed income, looking to move to Bragg Creek area to be closer to family requires 1 bedroom accommodation, suite, apartment or house. Single parking space required for vehicle. Unfurnished or furnished. Mid to late September occupancy.
Contact Keith @ 403-949-3678 landline or sibedad@gmail.com

WANTED TO RENT Bachelor or 1 bedroom suite. Available October 1st. Contact Dave: 403.819.5303

COMMUNITY NOTICES

MEOTA PARISH CRAFT FAIR Join us for the first annual Meota Parish Craft Fair on Saturday September 28th from 10am-4pm at St George's Hall in Diamond Valley. A great time to meet local artists and pick up some amazing items. All are welcome!

FOR SALE

BRAGG CREEK TRADING POST NEWS
We are excited to introduce new arrivals of the Alberta-made Buffalo Cross throws as well as an assortment of braided jute home decor items. All at a reasonable price point. 117 White Avenue

RANCH FENCING MATERIAL
Rails 16' x 3 1/4" - 40 pieces \$12.50 each
Posts 7' x 4" - 21 pieces \$6.50 each
Call Jim at (403) 852-1052

SNOWBLOWER FOR SALE
Get ready for winter! Walk behind Craftsman 27 inch snow blower. Briggs & Stratton 13.5hp engine. One owner, always stored inside, excellent condition. \$150 cab included. Moved into the city and no longer need it. Photos available. Call 403-809-7518

KUBOTA CANOPY Contact: Mark Farris
Phone: 403-554-4747 Price: \$ 150.00
More Information: Kubota canopy with some small cracks in the fiberglass on the rim but otherwise in good shape. Used on a B2320 tractor.

BOSCH MODEL 2400ES TANK LESS WATER HEATER brand new in the original box, purchased in 2008 and just don't want it now. Would sell for 3500.00 . Call from 11AM to 6 PM.
Contact: Don Armstrong Phone: 403 933 4966

LIVINGROOM AND BEDROOM FURNITURE Downsizing. Livingroom and Bedroom Furniture. Best time to phone after five pm. 403-933-2829

MISC ITEMS 100 small shipping boxes \$25; very large bag of white packing peanuts \$20; 3 drawer steel lateral file cabinet \$85; Shipping stretch wrap, 5 rolls x 1500 ft plus application tool \$75; bird cage suitable for budgie or cockatiel \$25; wheeled microwave cart \$30; Cuisinart 1/2 cup popcorn machine \$20. Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

SUPER POLE for bathroom. one pair under fridge roller set. Phone Ross @ 403 8150562

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE COMMERCIAL/BUSINESS CLASSIFIEDS:

Free and Commercial/ Business Classifieds Send your ad to:
classified@highcountrynews.ca or submit online via
www.highcountrynews.ca/classifieds.

Classified ads not accepted by phone \$20 for a maximum...



ACCOMMODATIONS

GALLOWAY NEST, Priddis..... 403.680.8683
KRUGER'S GUEST HOUSE ACCOMMODATIONS 403.949.3770

ACCOUNTANTS & BOOKKEEPING

DAYLENE'S BOOKKEEPING SERVICES, daylenesbooks@gmail.com 403.933.0217
WILSON & PLUMER CHARTERED ACCOUNTANTS 403.949.4947

ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK, info@braggcreekvet.ca 403.949.2650

ARBOUR CARE & TREE REMOVAL

BEAVER TOOTH MULCHING LTD, dennis@BTMDen.com 403.850.4888
BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreeexperts 403.401.3939
BORDERNORTH TREE SERVICES, micha@bordenorth.com 403.700.7792
HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442
RED MOUNTAIN RIGGING, redmountainrigging.com 825.945.8733
TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com 403.690.1269
TREETWORX TREE CARE, www.treeworxpro.com 403.554.2370

AUTO SALES & SERVICE

CARSTAR SPRINGBANK NAPA AUTO PRO 403.235.2277
KAT AUTOMOTIVE, www.katautomotive.ca 825.734.1043

BLINDS, WINDOW COVERINGS & UPHOLSTERING

CUSTOM DRAPES & WINDOW TREATMENTS, www.kootenayinteriors.com 403.333.2639
HARMONY BLINDS, SHUTTERS & AWNINGS 403.466.2204
HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.975.9843

CHILDCARE

BRAGG CREEK OUT OF SCHOOL CARE at Banded Peak School, I. Schieman 403.619.0136

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES BOUTIQUE, OLD WEST MALL 403.949.4264

CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations 403.230.2690
BRAGG CREEK EXCAVATING 403.949.2756 / 587.968.7720
CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303
COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842
LT EARTH SERVICES - Full Service Excavation 403.478.0050
RENOVATE FOR GOOD, Stephen@RenovateForGood.com 403.863.2085
WOOLRICH DESIGN AND CONSTRUCTION - woolrichgroup.com 403.851.0076

COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. 403.390.1815
BRAGG CREEK - ROCHE HERBST, R. PSYC. 403.510.9984
PRIDDIS - ERICA BERNARD, MSW, RSW 403.874.0176
KATERINA RENNY, R.Psych, www.foothillscounselling.com 403.819.7691

DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com 403.276.7918

DENTAL CARE

BRAGG CREEK DENTAL CLINIC 403.949.2288

EQUIPMENT RENTALS

DIAMOND VALLEY RENTALS; LIKE US ON FACEBOOK, rentalsdvr@gmail.com 403.701.3013

EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403.949.3939

ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca 403.932.9289
BRIGHT EARTH ELECTRIC, office@brightearth.ca 587.435.2244
HIGHWEST ELECTRIC, cmkish1@gmail.com 403.998.4517

FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY 403.949.3513
BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403.949.2599
FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES 403.949.3250
INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) 403.949.3250
MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL 403.560.6016

FIREWOOD

FIREWOOD TIM (PINE & BIRCH) 403.333.8462

FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality 403.230.2690
HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES 403.888.2000

HAIR & BEAUTY

ALLURING ELEMENTS HAIR STUDIO 403.949.2168

HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC 403.949.3953
BRAGG CREEK PHYSIOTHERAPY 403.949.4008
MASSAGE - SYLVIE LAPPA RMT 403.828.5408
STILL IN MOTION, Massage.still@gmail.com 403.892.3470
THREEPOINT MASSAGE & YOGA THERAPY 403.829.1148

HOUSE CLEANING

BUSY BEE SERVICES, BusyBservices@pm.me 403.585.3800

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442
MAISONSCAPES, www.maisonscapes.com 403.971.6657

LEGAL

LINDA ANDERSON LAW OFFICE 403.243.6400 / 403.949.4248
MAVERICK LAW 403.949.3339
MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700
SAC LAW, The Mobile Law Option, sac.law@shaw.ca 403.554.8535

LOCKSMITH

OKOTOKS AUTO LOCK AND KEY, John McComber 403.988.8691

MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca 403.256.4925

MUSIC LESSONS

MYC GROUP PIANO LESSONS, www.myc.com/members/rherbert 403.949.2009

PAINTING

DIAMOND THERMAL COATINGS LTD Architectural painting contractors 403.651.0254
MASON'S READY TO ROLL PAINTING, masonsreadytoroll@gmail.com 403.826.3039
ON POINT PAINTING, facebook.com/onpointpainting20 587.888.4353

PAVING

LAMBERT BROS. PAVING 403.287.3252

PEST CONTROL

ABSOLUTE PEST CONTROL 403.238.7400

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING, BRKon762@gmail.com 403.949.2963
CAECORANCH.COM, Training/Lessons/Board/Sales/Hauling, caecoranch@aol.com 403.933.5503
FUR PERSON DOG SERVICES, fursersondogservices.ca 403.949.4147
KOMET PULSE THERAPY 403.922.6306
MANY LEGS PET GROOMING & SUPPLIES, eeson@telus.net, manylegsinc.com 403.949.3555

PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning 403.230.2690
BRAGG CREEK PLUMBING & HEATING LTD. 403.931.0486
BRICO PLUMBING INC. 403.998.5580
CREEKSIDE PLUMBING 403.949.3424
THE PIPE MECHANIC LTD, pipemechanic.ca 587.205.8505
VALLEY HEATING & COOLING - furnace, AC, hot water, www.valleyheating.ca 403.775.6423

REAL ESTATE & PROPERTY MANAGEMENT

CANDACE HENDRICKSON, RE/MAX, Mountain View & Bragg Creek 403.681.4391
DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek, Elbow Valley 403.835.3385
DIETER HENDRICKSON, RE/MAX Mountain View & Bragg Creek 403.612.7849
KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood 403.818.8049
MEGAN STUART Greater Calgary Real Estate 403.978.9117
MELISSA GALLAGHER, C21 BAMBER, Springbank & Surrounding Areas 403.850.8034
SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages 403.519.5998
SUE WINSOR, MAXWELL Canyon Creek. Country Life 403.333.3717
WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com 403.252.5900

RESTAURANT

BAV TAV AT THE BAVARIAN INN, Bragg Creek, bavtav.com 403.949.3632
CREEKERS BISTRO, Bragg Creek 403.949.3361
POWDERHORN SALOON, Bragg Creek 403.949.3946
THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

RETAIL

BRAGG CREEK TRADING POST 403.949.3737
MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DZA ROOFING dazaroofting.com 403.542.2592
FORTRESS ROOFING & EXTERIORS LTD 403.264.7844
GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhrroofing.ca 403.796.ROOF(7663)
MASTER CONSTRUCTION INC, mastercalgary.com 403.554.2715

SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES 403.288.9500
A-EAGLE SEPTIC, eagle-7@telus.net 403.650.9436
ACREAGE DEVELOPMENT SOLUTIONS LTD. 403.815.0004
BIG ROCK SEPTIC SERVICES, bigrockwaterhauling.com 403.804.5551
FOOTHILLS SEPTIC, foothillsseptic.ca 587.999.4678
LT EARTH SERVICES - Design and Installation 403.478.0050
STEELHEAD VENTURES, svlgroup.ca 587.318.2205

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

LT EARTH SERVICES - Full Service Trucking 403.478.0050
ROSS TRUCKING 403.651.9428

TOWING

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

UPHOLSTERING AND WINDOW COVERINGS

HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS 403.816.3802 / 403.975.9843

WASTE AND RECYCLING

REAPER WASTE AND RECYCLING - JUNK REMOVAL 587.973.6150

WATER HAULING

BIG DRIPPER WATER HAULING INC., svlgroup.ca 587.318.2205
BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403.804.5551
DIAMOND VALLEY WATER HAULING, www.dvwh.ca 403.933.4438

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991
STEELHEAD VENTURES, svlgroup.ca 587.318.2205

WELDING

Archer Custom Fabrication, www.archercustom.com 403.463.3666