

HIGH COUNTRY *News*

*Serving the
Communities of*

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



**Alberta's #1 choice for
electricity and natural gas.**

Terms and conditions apply.



easymax
by ENMAX Energy

easymax.ca | 310-6010

Locked. Loaded. Ready to Refresh.



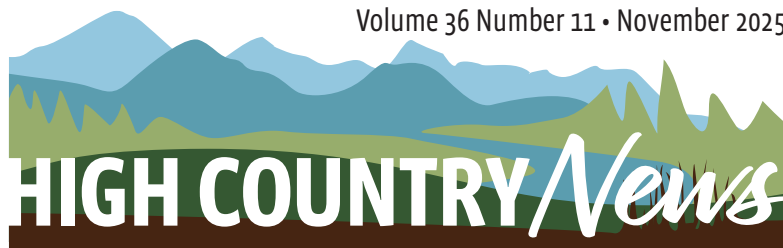
Introducing Lock & Load Pilsner

Crisp, clean and ready for action. This traditional pilsner packs a refreshing punch of smooth quality malts and balanced hops, making it the perfect brew to kick back with after a long day on the trail.

Cowboy Trail Brewery products are proudly available at local establishments in Bragg Creek, including Bragg Creek Distillers, Creekers Liquor, Spirits West, and many restaurants. You can also find us at liquor stores across Alberta such as Co-op, Sobeys, Safeway Liquor, Wine and Beyond, and more.



www.cowboytrail.beer
Facebook Instagram @cowboytrailbrewery
Bragg Creek, Alberta
403.390.8899



IN THIS ISSUE...

Communities:

	Page
Springbank.....	5
Bragg Creek/Redwood Meadows.....	12/23
Red Deer Lake/ Millarville / Priddis	26/27
Longview/Square Butte/ Diamond Valley/DeWinton.....	28/30/31

Articles:

From the Editor	4
Artist Profile	4
Councillor's Update <i>Don Kochan</i>	5
Councillor's Update <i>Kevin Hanson</i>	7
MLA Update Banff-Kananskis <i>Sarah Elmeligi</i>	8
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	10
Make Your Mark <i>Mark Kamachi</i>	11
Bragg Creek Physiotherapy.....	13
High Country Rural Crime Watch.....	25
Councillor's Update <i>Suzanne Oel</i>	34
Councillor's Update <i>Barb Castell</i>	32

Lifestyle:

Stephanie Gilker.....	35
Duane Harder.....	36
Get Ripped <i>Jari Love</i>	37
Bill Stemp	38
Mortgage Matters <i>Candace Perko</i>	40
Real Property Reports – Is Yours Up to Date? <i>Wayne Chaulk</i>	41
Andrea Kidd	42
Out of the Rut <i>Kat Dancer</i>	43
Laura Griffin	44
Kids Zone	45
Perceived Adhd Advantages <i>Roché Herbst</i>	46
Classifieds.....	47
Business Directory	Back Cover

HIGH COUNTRY NEWS is published monthly by:

High Country Business Services Ltd.

Box 476, Bragg Creek, AB, T0L 0K0

Editor: **Lowell Harder**

Layout & Design: **Kate Bushey**

ADVERTISING RATES:

Circulation: 12,500

Front Page Banner: Colour Only \$499.95 Min 3 mo booking

Inside Cover Full Pg: Colour \$799.95

Inside Back Cover Full Pg: Colour \$749.95

Index 1/4 Pg: \$349.95 Min 3 mo booking

Classified Page 1/4 Page: \$249.95 Min 3 mo booking

Kidz Zone (1/4 pg): \$249.95 Min 3 mo booking

Full Page: Colour \$709.95

2/3 Page: Colour \$509.95

1/2 Page: Colour \$395.95

1/3 Page: Colour \$269.95

1/4 Page: Colour \$204.95

1/6 Page: Colour \$154.95

Business Card Colour \$99.95

*1/4 hour layout included in ad rate - additional time at \$75/hr

Back Page Listing \$143.88/year (\$11.99/month)

Commercial Classifieds \$29.95/4 lines, \$4 for each additional line

For website advertising, call the office for a quote

Discounts available on long term commitments

GST NOT included in rates

NEXT DEADLINE IS
Saturday, November 15

We accept e-transfer, Mastercard & Visa

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

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

403.949.3526

www.highcountrynews.ca

info@highcountrynews.ca

facebook.com/highcountrynews.ca

Instagram: @highcountrynews.ca

In the Bragg Creek and Area real estate market, Bragg Creek Real Estate Agent, Kathleen Burk is renowned among colleagues and clients alike for her integrity, loyalty and professionalism

KATHLEEN BURK

Luxury Country Residential Specialist

B R A G G C R E E K | S P R I N G B A N K | M I L L A R V I L L E

We strive to offer the highest level of expertise, service, and integrity available to the public.

Kathleen Burk has helped hundreds of buyers pursue their dream home or to navigate the sale of a property in Bragg Creek and the Greater Surrounding Areas

kathleenburk@remax.net 403.818.8049 braggcreekredwoodmeadows.com





LETTER FROM THE EDITOR

Thank you for your patience during the Canada Post strike. We endeavoured to deliver the paper to your door where it was realistic and increased our rack distribution to make it accessible. Canada Post is now receiving neighbourhood mail, so our operations are back to normal. While there may be some delays, your patience is appreciated.

I would like to welcome a new contributor to our paper, Steph Gilker, founder of Saint Wine Society. Steph will be writing about wine and spirits. On page 35 she writes about champagne, so pour yourself a glass, sit back, and enjoy the read!

The municipal elections are now completed. For all of those who were willing to invest time, finances, and significant emotional energy into the campaigning process, we want to thank you. Your willingness to step forward and work with your community is greatly appreciated. Municipal office is difficult and complex as you deal with so many competing issues. Regardless of outcome,

I would like to express my appreciation for your willingness to serve in this role.

We may be happy or frustrated with the election results. Regardless, we have a choice to either work with, or against those elected to office. Our councillors need to know that we're genuinely looking to work with them. For the next 4 years, let's see how we can identify those good projects, the common challenges, and find workable solutions. Can we move the needle and improve our communities? We won't fix every issue, but I guarantee if we work together, we'll accomplish a lot.

On November 11th, we will pause to remember the men and women who have laid their lives down for their families, community, and country as well as honour those who continue to do so. In the same spirit, we can choose to lay our lives down in service for our neighbour and community.

There's always a lot of great events taking place in our communities. You can stay up to date by reviewing the High Country News Community Calendar.

*From my family to yours,
Lowell Harder*

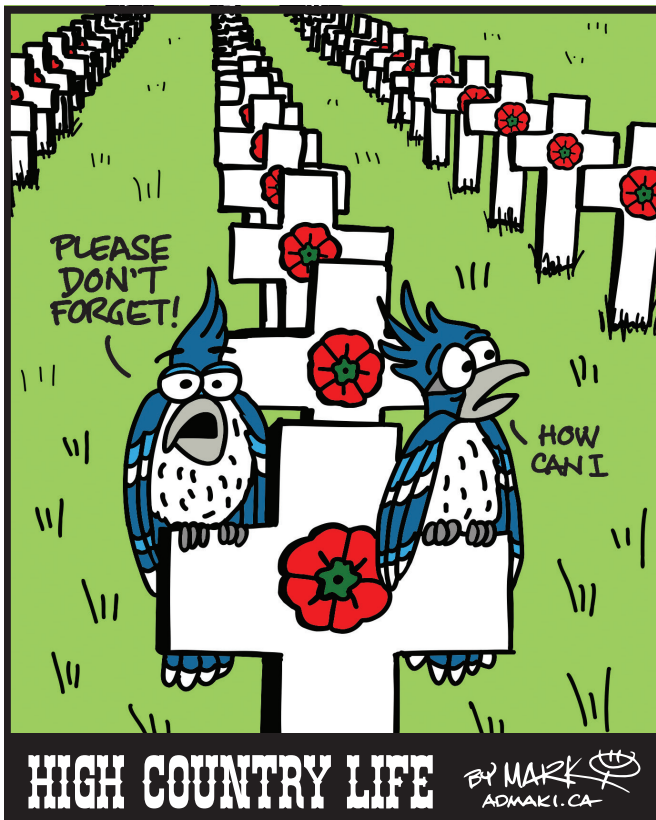


COVER ARTIST PROFILE

I am a retired Calgary high school teacher, now living in Diamond Valley, who has been bitten hard by the landscape photography bug. As an amateur photographer, I shoot in Alberta during spring, summer and fall, and then in Utah and the American Southwest during the winter. I especially enjoy hiking to unique locations, camera in tow, in search of landscape photo opportunities. I can be reached at my email address (andrewm.gage@gmail.com), and would love to meet up with other landscape photographers in the Diamond Valley/ Southern Alberta region. My advice for/to other amateur photographers... "Get out and shoot!"

-Andrew Gage

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.



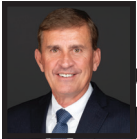
Remembrance Day Service

Tuesday, 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!





COUNCILLOR UPDATE ROCKY VIEW COUNTY

By Don Kochan - Division 2

Turning Vision Into Action For Rocky View Division 2

I am deeply honored to have been re-elected to serve the residents of Division 2. Thank you to everyone who participated in this election — whether by voting, volunteering, or taking the time to share your ideas and concerns with me throughout the campaign.

I also want to extend my sincere appreciation to my fellow candidates, Bev, Allison, and David. Offering to serve your community takes time, courage, and care, and I'm grateful for the respectful, thoughtful race we shared. Their commitment to our community is what makes Springbank, Harmony and Jumping Pound such special places to live.

As we begin a new term, I look forward to working collaboratively with my colleagues on Council — some familiar faces and some new — to continue building on the positive momentum we've created. Together, we'll focus on responsible growth, sound fiscal management, and maintaining the rural character that defines our community.

In the coming term, I'll be following through on key initiatives that build community and strengthen local connections. This includes advancing to the next phases of design for the Springbank Event Centre and the Springbank Park for All Seasons expansion, as well as updating the Recreation Master Plan to reflect the evolving needs of our residents including Harmony.

We'll also continue investing in community engagement, developing regional pathways, and updating the Springbank Transportation Master Plan to support safe and efficient travel throughout the area.

Thank you again for the trust you've placed in me. I'm excited to keep working for you — and with you — as we continue to build a stronger, more connected Division 2.

Don Kochan

Division 2 Councillor

kochandiv2@gmail.com

FALL IMMUNIZATIONS NOW AVAILABLE

Protect yourself from respiratory viruses this season.

Visit primarycarealberta.ca/immunize
or call **811** to book an appointment.



Primary Care
Alberta



HOT PRICES - GREAT WORK!

PEPPER®

403.888.2000 - HOTPEPPERFURNACE.COM

**FURNACE & DUCT
CLEANING & DISINFECTING**



WCB LICENSED INSURED - SUPPORT YOUR LOCAL BUSINESS!



SPRINGBANK HERITAGE CLUB

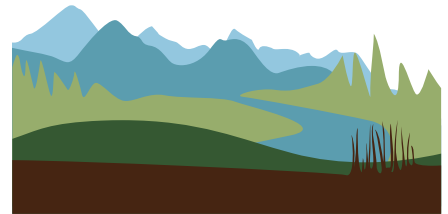
Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33 and you can find us online at www.springbankheritageclub.com

Fill-our-bus drive for the Veterans Food Bank – On October 9th, the Heritage Club delivered 896 lbs of food and other goods to the Veterans Food Bank!! Every seat on our bus was full, and we had to overflow into the aisle and rack above the seats. This was an amazing achievement.

Diana, the Assistant Manager at the Canadian Veterans Services Society, was shocked when she saw what we had to deliver, both in quantity and variety. Diana remarked, “This is incredible!” One thing she pointed out is they almost never receive paper products such as toilet paper or paper towels. We had several packages of both.

Thank you to all those who supported our effort!

A reminder that our Gingerbread Tea Craft & Bake Sale is Saturday, November 29th from 1:00 – 4:00 at the Heritage Club (244168 Range Road 33, Calgary). Parking and admission are free; there will be lots of holiday goodies for sale. Enjoy gingerbread cake and a refreshment for \$5.00.



YOUR HOME EXPERIENCE
REAL ESTATE

403.966.4224
jennifer@yourhomeexperience.ca
yourhomeexperience.ca
jenniferirealestate
jenniferirealestate

“Turning houses into homes,
one key at a time”

real

WAGS & WHISKERS Gala

Presented by **GLOBAL PET FOODS**
Cochrane eat.play.love.

THANK YOU TO OUR SPONSORS

PRESENTING SPONSOR
GLOBAL PET FOODS
Cochrane eat.play.love.

**PURRFECT PARTNER
LIVE AUCTION SPONSOR**
ROYAL CANIN

**PAWSOME PARTNER -
SILENT AUCTION SPONSOR**
MNP

DINNER SPONSOR
EROL'S AUTOMOTIVE
Quality Auto and Truck Repairs

**SIT AND STAY
CENTER PIECE SPONSOR**
BULLETPROOF-IT
saving time • saving money • saving you

FRIEND FOR LIFE
SPRINKLED KENNELS

LOYAL PALS
SPARTAN CONTROLS
yangarra resources

TRITTER & MORTON

petvalu
your pet - your store

**CAKE AUCTION SPONSOR &
SIGNATURE DRINK SPONSOR**
GLOBAL PET FOODS
Cochrane eat.play.love.

WINE & BUBBLY SPONSOR
VINTAGE WEST
WINE & SPIRITS

HOP-PY BEVERAGE SPONSOR
BIG ROCK BEERERY

CAT'S MEOW
COCHRANE
PROPAK

MOUNTAIN VIEW OPTOMETRY
TMX

ARROWHEAD VETERINARY CENTRE
River Path VETERINARY CLINIC
yangarra resources



COUNCILLOR UPDATE ROCKY VIEW COUNTY By Kevin Hanson - Division 1

It's always great to get out going door-to-door during a campaign, as the issues in the community that are currently front and centre are emphasized, and what you think is top of mind for people is very quickly validated. I thank residents for taking the time for those quick chats (and a few not so quick but very informative chats).

I would like to thank Mark Kamachi for his willingness to look out for the community he loves and lives in and extremely large number of people he knows and is friends with. He and his wife Tanya are an integral part of the fabric of Bragg Creek. What became apparent campaigning is that

the issues Bragg Creek is facing aren't in question, and that execution and implementation is what the community is expecting.

The Vision for Bragg Creek's potential and future state is still a work in progress. I will continue to be defined through public engagement, as draft policy is still being developed by our planning professionals at the County. Now, midway through the process, the bulk of the work of the Greater Bragg Creek Area Structure Plan update project starts to shift to the effort to translate the vision and feedback from stakeholders into implementation of policy. My role is to ensure that the community remains engaged and on-board up to and including the final public hearings for the Area Structure Plan upon which final decisions by Council will be made.

With regards to Springbank Communities, as promised in my door to door, I will continue to support good quality

decision-making with regards to the upcoming Community Core Area Structure Plan, moving forward with an updated Recreation Master Plan, as well as local Springbank community amenities including Active Transportation connectivity. I believe the spirit of the \$10M provincial payout as part of the SR-1 settlement with Rocky View also needs ongoing stewarding to ensure it will be used for lasting true-legacy projects.

Active Transportation I believe is still top of mind for the Highway 8 communities, being able to traverse the massive ring road / twinned portions of Highway 8 infrastructure footprint in a safe manner, and tying into south Springbank and the City of Calgary without the need of a motor vehicle.

My next High Country News update will include a report on the finalization of Rocky View's Municipal Development Plan which was one of the last pieces of business for the last Council to finish.

I fully appreciate the tremendous responsibility the voters conferred on me to continue serving all the communities in Division 1, including Greater Bragg Creek, South Springbank, and the Highway 8 Elbow Valley areas. Thanks to all that exercised their democratic right to choose their municipal representative, and whether you voted for me or not, I will continue to represent the interests of the communities in Division 1 to the best of my abilities, while guiding the entirety of Rocky View County through the amazing opportunities in front of it.

Contact: KRHanson@RockyView.ca
or call 403.463.1166.

Love Natural? Shop Nutters.



Your "everyday naturals" store.

Explore our vitamins,
specialty grocery, personal
care, local produce & more!



239 GRIFFIN ROAD EAST



ELISE LALONDE

Realtor® | REAL Broker

📞 403-896-9830

✉ elise@mcnabbhomes.ca

📷 @eliselalonde.realestate

🌐 www.mcnabbhomes.ca

HIGH COUNTRY News

Check us out online:
highcountrynews.ca



MLA UPDATE - BANFF/KANANSKIS By Sarah Elmelig

Preparing for the Legislature

With so many communities across our riding, I spend most of the summer flitting about like a bumble bee from one delicious flower to another! The BBQs, markets, and events don't stop with the onset of fall. As we got closer to the end of October, I start to turn my focus to the legislature with more targeted meetings to discuss your important issues that need to come to the legislature floor. There are always so many things to talk about and fall session is so short!

Your stories, concerns, and ideas help shape how I represent you in Edmonton. I'm deeply grateful for every message, meeting, and chat. The MLA on Tour events in September and October focused on the teacher strike, your challenges accessing healthcare services, and general chats about the increasing cost of living. I know that many of you are struggling with these things, and I am always working with my colleagues to find solutions and hold our government accountable to best serving you.

Over the past few months, I've met with individuals and stakeholder groups to discuss key issues like water, wildlife, and economic prosperity for all from large industry to small entrepreneurs. I also spent some time in September and

October traveling to other parts of Alberta, focusing on the Eastern Slopes from north of Grande Cache to Sundre to the Livingstone Range. I've been out on the land chatting with people about grazing, land use management, coal mining, caribou, forestry, beaver dams for wetland restoration, recreation management, and hunting and trapping. Traveling to other areas has helped me develop more perspective and be reminded again how big Alberta is and how complex addressing these issues is. I've been reminded of the importance of adequately planning for and addressing cumulative effects – the additive impact of human activities across the landscape. When we look at the big picture, we can see how intricately connected our economy, environment, and culture truly are. With this understanding, we can come together to discuss how we work together to build better together moving forward.

Working Together for Change

It's been heartbreaking to hear how the recent teachers' strike—Alberta's largest collective action in history—has affected families in Banff-Kananaskis. Students have faced uncertainty about their futures. Parents have had to rearrange work schedules to support their children's learning. And teachers—dedicated professionals—were pushed into action to have their voices heard. This strike was entirely preventable and stems from this government's ongoing failure to properly fund public education and truly listen to the concerns of teachers.

With the strike, I heard many heartfelt personal stories, and it made me reflect on

my own. My elementary, junior high, and high school teachers helped me become the adult I am today. I was reminded of Mme Klapstein whose unrelenting kindness warmed my heart when I felt frustrated, Mr. Ursulak who introduced me to Jonathan Livingstone Seagull and helped me see that I am best when I am just myself, Miss Cimino who taught us to question what we were supposed to take for granted and to stand up for what we believed in, Mr. Ferrar who made world history interesting and helped us see a world beyond our school walls or our city. I am immensely grateful for them and so many more. At the heart of this, standing with teachers is about our kids – getting them back in the classroom with the supports they need to succeed. Helping our kids thrive and build a better Alberta in the future. They are our future leaders and they can only be their best with the support of great teachers. And teachers can only be their best when we support them to do their jobs, by reducing class sizes, addressing classroom complexity, and recognizing the incredible gift of time and attention and wisdom they share with our kids.

In the face of adversity, Albertans have come together in powerful ways to stand up for public education. Tens of thousands of Albertans took to the streets to protest



Chicken like Grandma
used to cook!

Jerry & Nancy Kamphuis

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

- Raised locally, with great nutrition including organic minerals and vitamins!

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

Ask us about our loyalty rewards program!

Contact us at orderdesk@countrylanefarms.com • 403.934.2755
COUNTRYLANEFARMS.COM

Now Delivering in Cochrane!



The Foothills Full Service Law Firm

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

www.mavericklaw.ca

the strike and urge the government back to the negotiating table. Many more sent emails and letters to my office and those of my colleagues. Your courage and solidarity have reignited my belief in the strength of collective action and the power of community to drive change. My colleagues and I will continue to stand with you in the fight for better classroom conditions and meaningful investment in our public education system. Stay Loud, Alberta!

Stay Informed and Connected

There are many ways to stay up to date with my work:

- Follow me across social media for regular updates
- Visit my new blog for deeper dives into key issues
- Watch my speeches & questions in Question Period on my YouTube channel
- Scan the QR code in ad to access all these resources in one place

My staff and I will continue hosting in-person MLA on Tour or Trail Days events at different locations across the riding. Stay tuned here and on my socials and we'll be sure to chat soon!

Sarah Elmeligi



SARAH ELMELIGI MLA BANFF-KANANASKIS

CONSTITUENCY OFFICE
300-709 8 St | PO 8781 Canmore, AB | T1W 0C1
M, W, Th: 10 am- 3 pm & by appointment
403-609-4509

banff.kananaskis@assembly.ab.ca

REMEMBRANCE DAY

My staff & I will be in attendance at ceremonies in our local communities:

Bragg Creek
Canmore
Banff
Exshaw

TOGETHER WE REMEMBER

CONNECT



Stay updated on Social Media
View: My Speeches & Questions in LAO
More on Key Issues on NEW BLOG
Join Sarah's Squad in community



Thank You

FOR EVERYTHING!

TO EVERY SINGLE PERSON WHO VOTED, VOLUNTEERED,
DONATED, HOSTED A SIGN, OR OFFERED
ENCOURAGEMENT, THANK YOU FROM THE BOTTOM OF
MY HEART. YOUR SUPPORT MEANT EVERYTHING.

I remain committed to
Division 2 and to
standing up for the issues
that matter to our
community and remain
committed to fighting for
what matters to us.



OK TIRE™

Honestly driven.

WELCOME TO OK TIRE COCHRANE.

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

FULL MECHANICAL SERVICES

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



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

PHONE 403-932-2086 info@oktirecochrane.com

www.oktirecochrane.com

Robert M. Hughes Financial Solutions Inc.

Why You Need A Solid Financial Strategy

In recent years, the F.I.R.E. movement—short for Financial Independence, Retire Early—has gained traction among Canadians looking to leave the workforce decades ahead of the traditional retirement age. While the dream of stepping away from work in your 40s or 50s is exciting, it also raises a big question: how do you make your money last when you could be retired for 30, 40, or even 50 years?

Over the past century, Canadians have seen their lifespans stretch. Many now live well into their 80s, yet the age at which they stop working hasn't shifted much. That extended retirement phase can put a serious strain on your finances.

According to a recent Reddit survey, Canada's average expected retirement age is around 64, with nearly half planning to retire before 65—but many also lack confidence in being ready when the time comes. In fact, the average actual retirement age climbed from 64.3 to 65.3 between 2020 and 2024.

Imagine retiring at 55 or even 64 and living into your 80s or 90s. You could be looking at 20 to 40 years of retirement to fund. That's great for personal fulfillment, but less so for your wallet.

Planning Pays Off

Here's the hard math: the longer your retirement, the more money you need, either by saving more, investing wisely, or a bit of both. Chasing high-risk investments might seem tempting, but it often backfires. Conversely, saving too much now could mean sacrificing your quality of life today. Balance is key.

Have you chatted about this with your partner? Retirement planning is a team sport. A recent Investment Executive study found that just 23% of couples have fully discussed all aspects of retirement, while 55% only have a general idea, which means most "canoes" are paddling off in different directions.

A financial advisor can help you crunch the numbers to see how even small boosts in your savings—especially when started early—can compound into significant long-term gains. Plus, they can help you

navigate retirement vehicles like RRSPs and TFSAs:

- RRSPs: Contributions are tax-deductible now, but withdrawals are taxed later.
- TFSAs: No tax deduction upfront, but money grows and comes out tax-free.
- CPP & OAS: You can start CPP as early as age 60 (at a reduced amount) or defer past 65 to boost benefits. OAS generally begins at age 65.

The Reality Check

Here's the real concern (according to Pension Pulse) nearly 49% of Canadians worry they'll outlive their retirement savings, and 66% expect to keep working even after retirement age just to make ends meet. Successful retirement planning isn't an impossible task if you start with a good plan

A lot of people don't understand their investment statements—or find them too confusing. The survey found that over a third of respondents admitted this. And nearly three-quarters said their workplace pension plans didn't offer enough investment advice. Yet only 31% reached out to a financial advisor for help.

The good news? You don't have to do it alone. A qualified financial advisor can help build a retirement plan that's realistic, tailored to your goals, and surprisingly stress-free.

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

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

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

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

Robert M. Hughes FINANCIAL SOLUTIONS INC.



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

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



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

403-949-3250

E-mail: robert@myfinancialsolutions.ca

Website: www.myfinancialsolutions.ca

Box 231, Bragg Creek, AB T0L 0K0



MAKE YOUR MARK By Mark Kamachi

Now that my unsuccessful run for public office for a second time is in the rear-view mirror of my Jeep, I can get back to what I love to do. Jump into the creative ring, be it in advertising-design, rocking it out musically or acting in film or on stage. As the focus for my monthly articles are about creative marketing, let me begin with a story.

Once upon a time, in the whacky world of AdMaki Creative, a new actor entered the stage: AI. While at first, we gasped and clutched our Sharpies in horror, we quickly realised that AI was just another tool in our quiver. You see, AI is like the fancy new blender in your kitchen. It can whip up a mean blueberry protein smoothie, but it can't make a salmon maki roll. The ingredients matter.

Creativity doesn't spring from a silicon chip, ChatGPT or a Google Search but rather from personal experiences. Like the song that gets stuck in your head during a

road trip or the "aha moment" that inspires a midnight sketch, these are things no AI can replicate. It needs you and your creative imagination.

Having taught advertising-design at the post-secondary level at ACAD/AUA, a breeding ground for creativity, critical thinking, and where AI was absent from class at the time, I always browbeat into my students, the importance of living a full, robust life. That's where ideas come from. In school artists learn not just technique but more importantly, the power of networking and personal interactions. Nothing beats the magic of an impromptu brainstorming session over nachos with fellow creatives. AI might generate headlines and copy, photographs or illustrations, but it doesn't do pub nights or engage in deep philosophical debates about, say, the color yellow.

AI can spew out images faster than you can say "abstract expressionism", but can it question its own existence or ponder the meaning of life? Nope. That's where being human comes in.

So, how does one use AI effectively for content generation? As mentioned, AI is only a tool. The space between your ears, where that fatty mass we call a brain

lives, does the heavy lifting. However, the brain, in combination with AI does have its advantages. It can help you speed up your research or introduce you to different perspectives of something you're already pondering. Remember, it's your idea you're working with. Not the other way around.

AI might trigger a whole new direction but it's your job to remember and stick to your strategy. The message to your customers. And that's where professional creative-types play an important role in your brand strategy. Too often, we see the reverse when inexperienced, lazy, or unimaginative ideas lead the way to creating ideas that leave you with that "meh" feeling, or worse, forgetting about them immediately on your continuing doomscroll.

In a world where AI is the trendy new gadget, remember that it's still your brain or your creative agency's collective cerebral hemispheres that comes up with creative. Keep learning and pushing yourself to tell your story, in your way. AI can be your assistant or your ally, but never let it become your rival. To be creative, be ready to embrace AI as the high powered tool it is and see where this creative journey takes you.

Cheers, mark

Bragg Creek Area Businesses.



Let's do Lunch

Please join us on the last
Wednesday of Each Month
for a **FREE LUNCH**

All Bragg Creek area business owners and staff are welcome

The Hub
7 Balsam Ave
Bragg Creek Shopping Mall
11:30am - 1:30pm



Protein shake anyone?



Like a hammer, AI is just a tool. For creative tasks, let creative pros handle it. Unless of course, you like ineffective, boring "meh" ads that leave a bad taste in your mouth. Trust your imagination and collaborate with pros. Use AI for support and don't let it do the hammering.



ADMAKI

admaki.ca



BRAGG CREEK AND AREA CHAMBER OF COMMERCE

November in Bragg Creek: Gathering, Growth & Getting Ready for Winter

As the first snow dusts the pines and we settle into the season, Bragg Creek's community spirit is alive and well! November is a time to gather — to connect with neighbours, support local businesses, and get ready for winter in our little corner of the Rockies.

Chamber AGM – November 19

Join us for the Bragg Creek Chamber Annual General Meeting on Wednesday, November 19 at The Post House (7 PM).

We'll celebrate a year of growth and collaboration, share ideas, and look ahead to what's next for our business community. Everyone's welcome — members, non-members, and anyone who loves supporting local.

Interested in getting more involved? We're looking for new Directors to join the Chamber Board — it's a great way to make a difference, connect with local leaders, and help shape the future of Bragg Creek business. Contact office@braggcreekchamber.com.

Shop Early, Shop Local

Skip the city crowds and find something truly special right here in Bragg Creek. From fine art and handmade jewelry to cozy knits and candles, our local shops and artisans have gifts with heart. Your support keeps small businesses thriving — and our hamlet glowing all year long.

Warm Up in Bragg Creek

After a frosty hike or ski, pop into one of Bragg Creek's local favourites. Sip a spiced cider, hot chocolate, or craft brew by the fire — the perfect way to unwind on a crisp afternoon.

Local Happenings

- Live Music at The Powderhorn: Enjoy no-cover live music every Friday — a perfect way to kick off the weekend with friends.
- Swamp Donkey Theatre: Catch youth performers in Alice in Wonderland JR on November 22. Support our young local talent!
- Snowbirds Chalet Pub Night: Every Thursday, anyone 55+ is invited to enjoy games and social time over food and drinks.

Winter Prep Starts Here

Before the deep freeze hits, our local service pros can help you get winter-ready — from home maintenance and heating checks to snow prep and pet care. Support local expertise and stay warm, safe, and stress-free this season.

Wrapping up the Season

A huge thank you to Dick Kostier for providing the Chamber with his lot for the Trailer Parking Pit Stop for the summer season!

Why Join the Chamber?

The Bragg Creek Chamber connects, promotes, and empowers local businesses — and we'd love you to be part of it.

Members enjoy networking events, business spotlights, community promotion, and a strong collective voice that helps our local economy grow.

Join or renew your membership today and help shape the year ahead!

W: visitbraggcreek.com/bragg-creek-chamber

E: Office@braggcreekchamber.com

On behalf of your Bragg Creek & Area Chamber team.



THANK YOU DIVISION 1 by Mark Kamachi

I want to express my sincerest gratitude to everyone who supported our campaign from Elbow Valley, Springbank, and especially my beloved community of Bragg Creek as well as those outside of Rocky View County (RVC). Your support and encouragement have meant the world to me, and I will forever cherish the moments we had to interact and get to know each other.

I especially want to send a heartfelt thank you to my dedicated and determined campaign team, whose tireless efforts made our journey memorable. I am particularly grateful to my wonderful wife, whose unwavering support and love have been my strength throughout this campaign.

Congratulations to Kevin Hanson on his win in the Rocky View County Division 1 election. I wish him success as he takes on the many responsibilities ahead. I hope he will take this victory and work even harder to serve Bragg Creek residents and address their needs as we grow.

Although this outcome wasn't what my team, supporters and I hoped for, my commitment to our community remains strong. I promise to be on the sidelines, as always, ready to support and keep our councillor and the new Rocky View Council accountable and ethical. Together, let's continue to work towards a better future for our community.

Please feel free to reach out to me for any guidance or if you need to share your thoughts. I'm a good listener and always willing to help a fellow resident in need.

Until we meet again, live healthy and hug your kids. Cheers, mark.



TIME TO BOOK

While you're turning the clocks back, what better time is there for a visit to the Bav + Tav? Dine on schnitzel, seasonal favourites and toast with the finest local wines and spirits. Have you booked your holiday table yet? While you're at it, don't forget to remember our veterans and wear a poppy.

75 White Avenue, Bragg Creek | Call 403 949 3632 to reserve your table | bavtav.com

THE
BAV
MOUNTAIN DINING

THE
TAV
MOUNTAIN DRINKING

AT THE BAVARIAN INN



DON'T LET FALL TRIP YOU UP: STAYING ON YOUR FEET THIS AUTUMN

Falling isn't something anyone plans for, but its impact can be significant—affecting your mobility, confidence, and overall independence. Many factors, from your environment to your physical health, can increase your risk—but the good news is, there's a lot you can do to reduce that risk. This article explores the common contributors to falls, how to recognize your personal risk factors, and practical steps you can take to stay steady on your feet.

While slips, trips, and falls can happen to anyone, they're not always random or inevitable. Different parts of our lives can add to the chances of experiencing a fall. Your environment has a large impact on falls risk—draw your mind to icy front steps, inadequate lighting, the edge of your carpet, clutter on the ground, uneven surfaces. Research shows that 30–50% of falls occur due to environmental hazards (Appeadu & Bordon, 2023). Certain health conditions may impact your risk of falling—consider blood pressure concerns (i.e., that feeling when you stand up too fast and get lightheaded), dizziness, fatigue, or illnesses that decrease your body's physical capacity. Physical factors such as decreased muscle strength, reduced balance, and slower reaction times can significantly impair your ability to recover from or avoid a tumble. In physiotherapy, we often

focus on physical factors like balance and strength, which play a key role in your overall falls risk.

While you can't always predict when a fall might happen, you can take steps to lower your risk. Falls are often preventable. If you suspect your risk of falling may be higher, now is the time to take action.

Five Tips To Stay Steady:

1. Reflect on past falls or near-misses. Think back to any previous falls or close calls. What contributed? Was the area slippery or poorly lit? Were you feeling dizzy, weak, or off balance? Understanding these moments can help you identify patterns and areas for change.
2. Assess and adapt your environment. Your surroundings play a major role in your safety. Take a look around your home - are there loose cords, clutter, or area rugs that could cause a trip? Would a grab bar in the shower or tub improve your stability? Are your outdoor walkways well-maintained, especially in winter? Small adjustments can make a big difference.
3. Know and respect your limits. Sometimes, our current physical abilities don't match the demands of a task. Be honest with yourself. Consider adapting the activity or asking for help.
4. Choose footwear wisely. Supportive shoes are essential for stability. Look for footwear with thin, hard, slip-resistant soles, a secure fastening (like velcro or laces), and a snug heel collar to prevent slipping. Avoid loose, worn-out, or backless shoes.

5. Take charge of your health. Are there health concerns you've been putting off? Dizziness, lightheadedness, or fatigue can all increase fall risk. Schedule a check-up with your doctor or pharmacist for a medication or health review—it's a simple step that can have a big impact.

Strong evidence shows that strength, balance, and walking training effectively prevent falls (Avin et al., 2015). To reduce your risk, aim for ~2 hours per week of moderate to high challenge interventions over the course of 6 months (Shubert et al., 2011). Options include group classes, safe at-home exercises, or personalized sessions with a physiotherapist. Physiotherapists are equipped to conduct comprehensive falls risk assessments and design individualized programs to improve your balance, mobility, and strength. We tailor our approach to your current physical starting point - come as you are!

Preventing falls often requires a team effort, with many people working together to reduce risk and build confidence. At Bragg Creek Physiotherapy, our collaborative team includes registered physiotherapists, massage therapists, and a certified personal trainer, all working together to support your health and mobility. If you or a loved one may be at risk of falling, we're here to help.

Bre Maughan

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

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

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

SERVICES

physiotherapy, massage therapy, IMS, acupuncture, custom foot orthotics, injury prevention, pain management, fitness programs, and more.



**Bragg Creek
Physiotherapy**

Your pathway to physical freedom

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



BRAGG CREEK COMMUNITY ASSOCIATION

As the seasons change and we cozy up for winter, November brings with it a time of reflection, gratitude, and community spirit.

Remembrance Day Service – November 11 – Lest we Forget

Please join us on Tuesday, November 11 at 10:30 AM at the Cenotaph on the community centre grounds for the annual Remembrance Day Service. This meaningful gathering is organized entirely by dedicated local volunteers and supported by the Bragg Creek Foundation.

After the outdoor service, everyone is welcome to warm up with coffee and light refreshments inside the Bragg Creek Community Centre.

A heartfelt thank you goes out to the volunteers who plan and host this important event each year, and to the Bragg Creek Foundation for their generous hospitality.

Bragg Creek's Spirit of Christmas – December 6 & 7

Mark your calendars! Our much-loved holiday tradition, Bragg Creek's Spirit of Christmas, returns on Saturday, December 6 and Sunday, December 7 from 10 AM to 4 PM.

Enjoy horse-drawn wagon rides through the hamlet, photos with Santa, a holiday market, and (pending volunteer organizers) the Kids Only shopping store.

Local businesses will once again be offering free activities, treats, and festive fun for all ages. A huge shout-out to these participating businesses for sharing their spaces and spreading holiday cheer - they truly are a huge part of what makes Bragg so special!

We are now recruiting volunteers to help make the magic happen! We can't do it without you, so please Sign Up on the website.

And bring a friend along, too!
The more, the merrier!

Youth Dungeons & Dragons Training Session – November 14

Calling all adventurers! Youth ages 12 and up are invited to join us for an exciting introduction to Dungeons & Dragons on

Thursday, November 14, from
2:30 PM to 6:00 PM.

This beginner friendly session will include:

- Basic training on how to play D&D
- Character creation and development
- A short game session to put your new skills into action
- Pizza and drinks to keep you fueled for the fun!
- Cost: \$10 per participant (to help cover the cost of pizza)

Spots are limited. We need between 5 and 12 players to run the session, so gather your party and register early on the website.

Whether you're brand new to D&D or just looking to sharpen your skills, this is a great way to learn the game, meet fellow players, and have a great time.

To register for D&D, become a Spirit of Christmas Volunteer Elf, or to get in touch for other jolly fun, check out the website:
www.braggcreekca.com

Wishing you all a warm and wonderful start to the holiday season,

Your BCCA
www.braggcreekca.com

**Bragg Creek's
Spirit of Christmas**

Join us for Bragg Creek's Annual Christmas Festival
including Horse Drawn Wagon Rides, Kids-Only
Shopping Store, Indoor Christmas Market and more!

SAT DEC 6TH & SUN DEC 7TH, 10 AM – 4 PM

INDOOR MARKET DECEMBER 5 – 7TH
Fri 4 – 8 PM, Sat 10 AM – 5 PM, Sun 10AM – 4 PM

 **FOR MORE INFORMATION
VISIT BRAGGCREEKCA.COM**  **BRAGG CREEK CHAMBER**

**Springbank
Christmas Market**

Location:
SPRINGBANK COMMUNITY HIGH SCHOOL

32226 Springbank Road Calgary, AB T3Z 2L9

Saturday Nov 1, 2025 9:00-5:00
Sunday Nov 2, 2025 10:00-3:00

HWY # 1 Exit 169 1.5 Miles South of Calaway Park
Use the Community Entrance Door
Ramp access at School Main Entrance

FEATURING:
ART & ARTISAN Renderings
Baking, Cabbage Rolls, Woodcrafts

HANDCRAFTED GIFTS
*And much more
Something for everyone*

FREE ADMISSION & PARKING

facebook.com/springbankchristmasmarket
Email: yjo999@gmail.com

CHRISTMAS SHOPPING AT THE ORIGINAL

Bragg Creek Trading Post

403.949.3737

117 WHITE AVE

Unique Practical & Affordable Gifts

- Canadian Made Moccasins, Mukluks, Mitts
- Furs, Fur Hats, Sheepskins, & Sheepskin Items
- Pendleton and Buffalo Cross, Clothing & Textiles
- Indigenous Herbs, Health and Beauty Products
- Exceptional Books for Kids & Adults by Local Indigenous Authors

BRAGG CREEK ARTISANS Christmas Sale



Saturday & Sunday
November 15 & 16, 2025
10 am - 5 pm

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

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



Coy's Christmas Trees
are coming back to Bragg
Creek during Spirit of
Christmas. But we're only
bringing **50 trees (12' max)**
plus our custom greenery.
It never hurts to plan early
for Christmas.



XC BRAGG CREEK SKI AND BIKE SOCIETY

Bike Programs

From Coach Nikita: Our fall mountain bike program wrapped up another great season in Bragg Creek. Over six weeks, 100 young riders and 30 volunteer coaches took to the trails to build skills, confidence, and community on two wheels.

The focus, as always, was on safety, fun, and skill progression—helping kids from all backgrounds discover a love of mountain biking. This season brought plenty of smiles, new friendships, and a few muddy tires to show for it.

We were lucky to enjoy perfect fall weather, with all six sessions running as planned. A big thank you goes out to the West Bragg Creek trail crews for keeping the trails in great shape, and to the other riders who share the space with patience and encouragement.

And finally, thanks to our incredible volunteer coaches—the heart of this program. See you on the trails in the spring.

To be the first to know about our Spring Bike Programming become an XCBC

Member today. Members get early access to all program registrations. Look for more information about Spring Rec Bike in January 2026!

Nordic Programs

Volunteers

Snow is flying and XCBC will be starting all of our Nordic Programs in a few short weeks. Over the years we have supported young athletes from age 5 to age 18 and beyond with many of our older participants becoming Jr Coaches and sharing their experiences and expertise. Jr Coaches and Parent Volunteers are an integral part of XCBC. Volunteer Roles include: Coaches, Jr Coaches, Event Volunteers (the Alberta Youth Championships are just around the corner!), Program Subcommittee Roles, and Board Member roles. If you would like to volunteer with XCBC email programdirector@xcbraggcreek.ca to learn more.

Rec Ski

This year we are excited to be re-introducing our Rec Ski program! This program is for skiers age 10-16 who have either finished Jackrabbits and love being outside, skiing with friends, and want to continue developing their skills in a fun and social environment, or skiers who are new to the sport, and want to develop their skills but are outside the Jackrabbits age limits. There will be instruction, with

emphasis on technique but the Rec Ski Program's goal is to build proficient lifelong skiers who love the sport. There is still room to join Rec Ski, visit xcbraggcreek.ca to register now!

XCBC is now on Instagram! Follow us [@xcbraggcreek](https://www.instagram.com/xcbraggcreek)





NORDIC PROGRAMS

AGES 9-13

NORDIC NINJAS

This program is an introduction to competitive skiing. Athletes will learn and develop FUNDamental ski skills.

AGES 12+

CLUB RACERS

This program offers training and development for athletes looking to compete and develop their competitive abilities.

AGES 10-16

REC SKI

This program is for skiers who love being outside, skiing with friends, and want to continue developing their skills in a fun and social environment, or skiers who are new to the sport, and want to develop their skills.

IN BEAUTIFUL BRAGG CREEK

SCAN THE QR CODE TO REGISTER OR VISIT XCBRAGGCREEK.CA FOR MORE INFORMATION



Love on the Move: A Fall Story about Wildlife and Wheels

Autumn in our region is beautiful. The trees are glowing, the air is crisp, and the local wildlife is, well ... distracted. From mid-September to late November, it's rutting season for moose, deer, and elk. That means animals are on the move and often crossing our roads without checking both ways.

As daylight shortens and Daylight Saving Time ends on November 2, visibility drops just as wildlife activity peaks. This is the time of year when collisions between vehicles and animals increase sharply. But a few mindful habits can make all the difference.

Understanding the Season

During rutting season, wildlife behaviour becomes unpredictable. Male deer and elk roam farther than usual, chasing romance instead of reason. Females are also on the move, and the combination leads to more animals wandering across highways and rural roads. Drivers must stay alert, even on familiar routes, especially Highway 8, 22, 22X, 762 and 66.

Smart Driving Tips

- Watch your speed. Slowing down gives you time to react if an animal suddenly appears.
- Scan the roadsides. Keep an eye on ditches and the brush along the road- that's where deer often wait before crossing.

- Heed warning signs. Deer crossing signs mark known wildlife corridors; take them seriously.
- Drive carefully at dawn and dusk. These are peak hours for animal movement and reduced visibility.
- Expect company. If you see one deer, there are probably more close behind.
- Use headlights wisely. If a deer freezes in your beams, flick your lights to help it move off. Avoid honking, it usually startles animals in unpredictable directions.
- Brake, don't swerve. Swerving can lead to losing control or hitting another vehicle. Brake firmly and stay in your lane.

A Gentle Reminder

Wildlife don't understand traffic laws or the concept of a "right-of-way." They're just following instinct. By slowing down and staying alert, drivers can help prevent collisions and keep everyone, animals included, safe.

So as you head out this fall, enjoy the scenery, stay watchful, and remember: the life you save might belong to a majestic creature ... or your own vehicle.

Drive smart, stay watchful, and give the moose the right of way. After all, it's their season to find love, and yours to make it home safely.

For more information visit www.braggcreekwild.ca





EXCAVATING
Trenching • Backfilling • Grading • Gravel Road Maintenance

CIVIL & ACREAGE DEVELOPMENT
Land Clearing • Road Design & Build • Foundation • Drainage • Pond • Dam & Retaining Walls • Rock Walls

UTILITY WORK
Water & Sanitary System • Main & Distribution • Tank / Cistern • Gas & Electrical

403-949-2756 • 587-968-7720
info@braggcreekexcavating.ca

BRAGG CREEK EXCAVATING



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am
(Sunday School runs Sept - July & nursery space is available for parent use)
For youth, business lunches, and other program info please visit our website and sign up for our email list, which sends out the most up-to-date info
You can also still join us virtually on Facebook Live or YouTube
Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
www.braggcreekchurch.ca



BRAGG CREEK TRAILS

Trail Talk - Ready, Set, Groom

Winter can arrive anytime after September in West Bragg Creek and sure enough, we got our first taste of snow on October 4. Our team has been busy mowing trails and servicing equipment so we're ready when real winter hits.

Once snow conditions allow, we'll begin roller packing the ski trails to help drive frost into the ground and build a solid base. After November 1, if grooming has started, we ask that all trail users switch to winter trail etiquette meaning no walking or riding on 'ski-only' trails.

Some singletrack trails are also groomed for fat biking. These are considered multi-use and are open for walking and snowshoeing as well.

Our winter equestrian trail network also comes into effect, guiding horses away from or alongside groomed trails to reduce conflicts and protect the groomed surfaces.

Managing such a busy, multi-use network in winter takes cooperation from everyone. Please follow posted signage, check maps at junctions for trail designations, and when in doubt, chat with our friendly volunteer trail hosts at the Trail Centre on weekends and holidays.

When we all work together, everyone wins and the smiles and adventures are endless.

Have a great winter out on the trails!

See you on the trails!

Con Schiebel, BCT President



BRAGG CREEK DENTAL

**Make an appointment with Dr. Michael Clancy and staff
and check out our new digital equipment**

403-949-2288 • bcdental@telus.net • www.braggcreekdental.ca • 35 White Ave, Bragg Creek, AB
Follow us on Facebook at Bragg Creek Dental and Instagram at [bragg.creek.dental](https://www.instagram.com/bragg.creek.dental).

*We follow the Alberta fee guide and direct bill to most insurance companies *Some conditions apply**

Curious about this machine in our waiting room?

The Cerec Primemill® takes a block of porcelain and turns it into a perfectly fit crown



BEFORE



AFTER



BRAGG CREEK AND REDWOOD MEADOWS WELLNESS NETWORK

Holding the Line: What We Heard at Tableside Talks

Picking Up the Line

On September 24, neighbours gathered at Redwood House for the 2025 edition of Tableside Talks, hosted by the Bragg Creek and Redwood Meadows Wellness Network. This World Café-style event invited residents to share what matters most—our strengths, concerns, and ideas for small, meaningful steps forward. Together, we connected with neighbours, listened deeply, and continued building a more caring, collaborative community. We picked up the line.

Listening Across Difference

In small group conversations, we explored what we love about our community, the challenges we see, and what would help us thrive. Clear, intentional questions guided the dialogue: as one participant noted, “critical questions that are too often ignored.” Another reflected, “I heard priorities from people I wouldn’t normally be in communication with”—a reminder of the power of listening across difference.

Community Priorities

“An idea I’d like to see move forward is...” That phrase echoed across the room as neighbours shared their hopes for our community’s future. We heard about the importance of our natural spaces—trails, adventure, and the land that holds us. Safety emerged as a shared concern: emergency preparedness and egress, fire-smarting, transportation, and accessible pathways. Communication was another theme—how we connect, support and engage volunteers, and build relationships with and among community leaders.

Affordable housing was named across generations. Some envisioned aging in place with supports and senior housing that includes a gym, pool, garden, and classroom. Others imagined a local health and wellness facility with more doctors and nurses, along with transportation options for all ages.

Small steps are within reach: a visible culture of community engagement that welcomes everyone, a one-stop hub for community information, and a strengthened community association to serve everyone.

Who’s Missing?

As one participant noted, “There were no ‘young’ participants. I was among the youngest (age 45).” The voices of those

aged 16 to 50 were notably quiet. Their perspectives are essential. We see this as a call to connect more broadly and welcome all voices—especially youth and younger adults shaping our future.

What’s Next?

To move these ideas forward, the Wellness Network will host a Community Action Planning Gathering at Redwood House from 6:00–8:00 PM on November 5, 2025. You’re invited to help shape the next steps for priorities identified in the 2024 and 2025 Tableside Talks.

We’ll continue the conversation through our regular meetings and updates at www.bcrmwellness.ca. You can also revisit the September issue of High Country News to learn more about our work and the metaphor that guides us.

Keep the Line Open

The tin can telephone only works when we’re holding both ends. Connections don’t have to be complicated. Whether you’re a parent, elder, youth, young adult, business owner, artist, or neighbour—your voice matters. Let’s keep the line open. How will you pick it up?

*Shannon Parker
Co-chair, Bragg Creek and Redwood Meadows Wellness Network*



TREEWORX

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

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

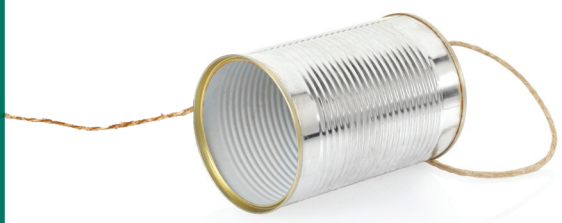
BRAGG CREEK PLUMBING & HEATING LTD.

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

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



How will you pick it up?

The tin can telephone only works when we’re holding both ends. Connections don’t have to be complicated. Whether you’re a parent, elder, youth, young adult, business owner, artist, or neighbour – your voice matters. Let’s keep the line open.

Please join us at our next Wellness Network meeting on Nov 13 from 1 to 3 PM at the Bragg Creek Community Centre.



BRAGG CREEK & REDWOOD MEADOWS
WELLNESS NETWORK
Join the Community
bcrmwellness.ca



BRAGG CREEK PERFORMING ARTS PRESENTS:

Bragg Creek Performing Arts Celebrates It's 43rd Season

On September 12, 2025 Bragg Creek Performing Arts celebrated the opening of its 43rd season with a sold-out dinner concert at the Bragg Creek Snowbirds Lounge with Woodshed (John Wort Hannam and T. Buckley performing).

The season continues on November 22, 2025 with a dinner concert featuring Bragg Creek's own, Dani Moon and friends performing.

Dani Moon's music spans various genres, reflecting a blend of contemporary sounds, appealing to a diverse listener base.

Look forward to our Spring 2026 concert series featuring Shaye Zdravec and Dave Gunning.

Tickets for all concerts are available at: braggcreekperformingarts.com or call Ticketpro at 1-888-665-9090



DINNER CONCERT WITH DANI MOON & FRIENDS



**Bragg Creek
Performing
Arts**

Saturday NOV 22, 2025

Doors	Dinner	Concert	Tickets
6:00	7:00	8:00	\$75

Bragg Creek Snowbirds Chalet
19 Balsam Ave, Bragg Creek, AB

Dani Moon is a singer/songwriter, author, mother of triplets and lover of nature. Joined by her friends, Nicholas Bettcher, who is adept on both acoustic and electric guitar, and Alexander Gonzalez, a jazz pianist. Join us for a lovely night filled with beautiful music and delicious food.

For tickets visit
braggcreekperformingarts.com or
call Ticketpro 1 888 655 9090



ROCKY VIEW COUNTY



Alberta
Foundation
for the Arts

MAXWELL
REALTY

SPIRITS WEST
MERCHANTS



Bragg Creek Insurance Services & Registries Office

Insurance Services Include: Registry Services Include:

Home & Farm
Automobile
Commercial
Travel
Specialty

Motor Vehicles
Corporate Services
Land Titles
Vital Statistics
Alberta Health

1 River Drive S, Box 537 • Phone 403.949.2599 • Fax 403.949.5646

www.braggcreekinsurance.ca



Come meet your team
Mon - Fri
9:00am - 5:00pm!



SWAMP DONKEY MUSICAL THEATRE

Nuncrackers – December 18-21, 2024:

The Christmas musical, Nuncrackers, was a hit last season! Audiences loved it so much we are bringing it back to our theatre this holiday season.

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).

Nuncrackers runs December 18-21, 2025. 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 retail 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!

Swamp Donkey Musical Theatre Society





SWAMP DONKEY
MUSICAL THEATRE PRESENTS:

Nuncrackers



Book, Music, & Lyrics by Dan Goggin

PERFORMANCES:
December 18 - 21, 2025

SWAMP DONKEY THEATRE,
BRAGG CREEK

TICKETS & INFO:
swampdonkeytheatre.ca



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



ROCKY VIEW COUNTY



Alberta
Foundation
for the Arts

GreatWestFencing.ca
403.907.0184





BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1-4pm: Ladies Group & Snooker

Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

1:15pm Book Club - bring a book to share with the group

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

1:15pm: Exercise Class - 45 minutes
bring your own dumbbells or borrow
newcomers welcome, drop-in \$10/class

2026 MEMBERSHIPS

New members always welcome.
50+ to join - annual fee only \$15

Questions? 403-949-3313

Email inquiries:

braggcreeksnowbirdsfriendship@gmail.com

Snowbirds Chalet is pleased to sponsor
Foot Care in the Creek
19 Balsam Avenue, Bragg Creek

CLINICIANS

Jill Read-Johnson C-Pod(I)
Certified Podologist International

Sheree Gorsline
Advanced Pedicurist



COST

\$40 Cash or Cheque



For clinic dates & appointments call
Jill directly at 403-861-1503

*Clients must provide their own
foot basin & towel

BENEFITS OF REGULAR PROFESSIONAL FOOT CARE

- Increase circulation
- Treat diabetic symptoms, cracks, dry skin, warts, corns, ingrown toenails, nail fungus
- provide gait analysis and referrals

ad space generously donated by
the High Country News



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.

HARDER
that's how we work

403.949.3442 | info@exteriormaintenance.ca
exteriormaintenance.ca



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 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!



THE LITTLE SCHOOLHOUSE

As we welcome November, The Little Schoolhouse is excited to explore the fascinating world of animals that hibernate and migrate. Each class will participate in hands-on activities, songs, stories, and games to delve into these captivating topics. Our kindergarten students will focus on bears, examining real artifacts and creating their very own bear dens to learn how these extraordinary creatures prepare for and survive the chilly winter months.

In addition to our animal studies, we will take intentional time to honour and remember those from the past and present who contribute to our safe and nurturing environment for play, learning, and exploration. We feel immense gratitude for their service and support.

At The Little Schoolhouse, we are embracing the vibrant energy, laughter, and friendships that fill our space. If you're interested in joining our community, please visit our website for more information: www.thelittleschoolhouse.ca. We would love to have you with us!

Wishing you all a wonderful November from Ms. Shelley and The Little Schoolhouse team

CRABAPPLE COTTAGE

Let's We Forget



Fashion Gone Rogue!

Unleash Your Inner Rock Star!
Shannon Passero ROCKS!

- Banded Rockstar Styles
- Upcycled Concert Tees, Denim & Knits

One of a Kind!



New Brands! New Energy!

Pretty With Attitude!
Edgy Designs!

Up to
40% off on SELECT NEW ARRIVALS

open daily • 403.949.4264

The Old West Mall • 2-27 Balsam Ave, Bragg Creek
www.crabapplecottage.ca



Follow Us. Feel Good.
[@crabapplecottagebraggcreek](https://www.facebook.com/crabapplecottagebraggcreek)





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 (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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

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

SIGN UP NOW by emailing info@acreswest.ca

Local family owned business for over 27 years.



29 years in Business

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



**ACRES WEST
WATER**

YOUR WATER TREATMENT EXPERTS

www.acreswest.ca

403-931-3733



Vehicle Thefts Up

At the last Foothills County Policing Committee meeting on September 9th, 2025, the Okotoks RCMP detachment stated that vehicle thefts have increased. When questioned as to the modus operandi of the thefts, the reply was that there is an increasing use of more sophisticated electronic theft methods being used.

WS published a story in November 2024 about a device “that can be used to clone a car’s key fob and drive it away”. WS purchased one of the devices and were successful in “stealing” a vehicle.

According to the WS article, a mechanic in Ontario recommends a small device that can be installed within a car that requires a password to put the car in drive called the Igla. Their website is <https://iglacanada.ca/> a Canadian company if you are interested in following up.

The Equite Association, an organization for protecting Canadians from insurance fraud and crime has statistics for the most recent data (2023) on the most stolen vehicles in Canada. In Alberta, the most stolen vehicles differ considerably from the Canadian list in that thieves target bigger vehicles.

Here is Alberta’s Most Stolen Vehicle list:

1. Chev/GMC Silverado/Sierra 2500 series
2. Chev/GMC Silverado/Sierra 1500 series
3. Dodge RAM 1500 series
4. Ford F-350 series
5. Ford F-150 series
6. Jeep Grand Cherokee
7. Ford/Lincoln/Mercury Escape/Corsair/MKC Mariner series
8. Honda Civic
9. Ford F-250 series
10. Dodge RAM 2500 & Lexus RX series

This is a heads up that if you own one of these most often stolen vehicles you need to take extra precautions to protect your vehicle from theft.

Interestingly, fewer vehicles are stolen in the western provinces than in Ontario and Quebec which have high rates of theft. This is partly due to the practice in those provinces of stolen cars being driven straight to a port, into a shipping container and off to world-wide points unknown.

The recovery rate of stolen vehicles in 2023 was 54% for Canada overall. Alberta had a higher recovery rate of 77%. While the Alberta recovery rate may look good, there is the question of what kind of shape your vehicle is in when recovered. Often there is damage somewhere on the vehicle.

Stolen vehicles are used to commit other crimes. There is the danger that your vehicle was used to transport drugs. I am aware of a case where police offered the owner of a stolen, recovered vehicle the option to have it scanned for drug residue. This is done to avoid you being fingered

for transporting drugs when a sniffer dog finds drug traces in your vehicle. Especially relevant if you are crossing into the US.

There are very simple habits that you can develop to significantly reduce the chances of your vehicle being stolen. The most obvious is to lock your vehicle, including when at home, even if it’s in the garage. It should be noted that most vehicles are stolen from residences. I am aware of instances where unlocked vehicles were entered while nearby locked vehicles were left alone. If you are a thief, why waste time on a locked vehicle when there are easier targets next to it. Follow the principle of making your vehicle look harder to get into than the next one.

Another way to deter thieves using this principle is to use a steering wheel locking device. Sometimes the simplest solutions are the best. Get into the habit of putting it on before leaving your vehicle – yes even if it’s in your locked garage behind a locked gate. Thieves only want to spend a limited amount of time on site and the more obstacles you put in their way, the less likely they are to steal something.

If you live close to a highway or main road, you are more vulnerable as it’s easier and quicker for a thief to get away. Another vulnerable location is when you leave it at the mechanics shop overnight. Use the steering wheel locking device. The potential thief can only drive one vehicle away. He’ll pick an easier, faster target parked beside you.

As winter is approaching, a reminder to not leave your vehicle running unattended. Yes, it’s a “duh” thing, but a lot of “duh” vehicle get stolen every winter.

Dave Schroeder - HCRCWA Board Member





- Fence line and trail building
- Chainsaw & arborist services
- Winter mulching
- Pasture building & recovery
- Stump grinding
- Tree and brush clearing



We Bring Your Land Back To Life!

403-850-4888

dennis@btmden.com

website- btmden.com



RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together and explore God together onsite and online (YouTube - [@RedDeerLakeUnitedChurch](#)) every Sunday morning at 10:30 am. We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

MARK YOUR CALENDARS FOR UPCOMING EVENTS:

- November 5, 4 pm – Advent Palates - Six Week Journey
- November 6, 7 pm – Sound and Soul
- November 9, following the Worship Service – Lunch and Learn
- November 15, 9 am – Men's Breakfast
- November 15, 10 am – Country Market & Sweets Café
- November 22, 2 pm – On the Edge Concert Series featuring Connie Kaldor
- November 29, 5 pm – Country Style Turkey Supper (Ticket on sale now!)

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at www.reddeerlakeuc.com/concerts

COUNTRY MARKET

November 15, 10 am – 4 pm

We are expanding the market this year! In addition to our great crafts/ beautiful handwork, homemade goodies and Gift Baskets, we are adding outside vendors to the market.

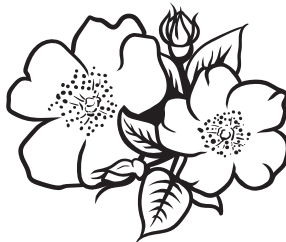
The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. The tables will be rented for \$50 each. Interested in renting a table/space? Visit us at www.reddeerlakeuc.com/fundraisers to book your table/space today.

RENTALS

We are excited to launch Meadow Green, Wedding and Events Centre at Red Deer Lake United Church.

Meadow Green is a 45,000 square foot facility that provides a variety of affordable spaces for weddings, workshops, art shows, performances and much more. For more information visit us at www.meadowgreenevents.ca or contact the office 403-256-3181 to book your tour today!

Visit us at www.reddeerlakeuc.com to stay up to date on all our events!



MILLARVILLE HORTICULTURAL CLUB

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

Our next meeting is November 11, 2025. It is our AGM where the club members are participating in decisions for the next year.

Ideas for garden tours, speakers, and workshops welcome.

We will review all the Committees and confirm the executive for the coming year, including Secretary, which needs a person to take that responsibility.

New members always welcome at our upcoming meetings:

December 9 Christmas Potluck 6:30 pm.

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

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com

BENEATH THE ARCH CONCERT SERIES

THE HEARTS

SATURDAY, November 29, 2025

Concert at 7:30 pm ~ Doors Open: 7:00 pm

Adult: \$30 / \$35 at the door

Child (6-12) \$12 / Kids under 6yrs - Free

Flare & Derrick Community Hall, Diamond Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets or in person from

Bluerock Gallery, Sheep River Library

Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca



MILLARVILLE COMMUNITY LIBRARY

Did you know?

We have a new permanent display in our entry way by the Millarville Historical Society. Come and check it out! Millarville Community Library is a registered charity. A tax receipt will be issued for any donation of \$20 or more. You can donate directly at the library or through canadahelps.org. Your donations help us run programs, especially the kids' program in the summer and to buy new books. There are a lot of movies available on Kanopy (free resource with your library card) for the cold nights. Start planning your seasonal baking with so many cookbooks available; Anna Olsen, Disney Parks Holidays Cookbook, Harry Potter Christmas Cookbook are here! Try making some gifts, lots of crochet amigurumi, blacksmithing, rock painting, knitting, quilting, watercolors and candy making.

Classes: November 6 @ 2 pm- Dementia awareness by the Dementia and Alzheimer's Society of Calgary.

Get Your Swag on by Paul Rishaug- Thursday November 27 @ 6:30 pm at the library. Come and make a most beautiful Christmas decoration! \$40 and limit of 10. Please call the library 403-931-3919.

Look for information about a Couples Cupping class in the New Year.

Bouquets: Thank you to everyone who entered a pumpkin in the 1st Annual Western Foothills Pumpkin Derby. And a huge thank you to all of our volunteers and volunteer board members who keep the library running. If you would like to join our merry little band, please contact Natasha at the library.

Need a read?

An introspective book on why we may not feel happy even though we have everything to be thankful for. Author Raphaelle Giordano has an interesting form of therapy in his self-help book that is the most practical I have ever read. "Your Second Life Begins When You Realize You Only Have One" is a great refresher for those who feel run down by routine and have lost your joy". - Bev Robertson, Priddis AB



PRIDDIS COMMUNITY

Hello again Priddis, November has arrived, the days are getting shorter and snow has started to fly. It won't be long until the ice is in at our community rink. November also means membership renewal time. If you had a membership last year, it would have expired on October 31. Please head to our website to renew. Moving forward, memberships will renew one year from the date of purchase.

Please read below to see all of the things happening this month in our wonderful community.

PROGRAMS

Please go to www.priddisalberta.com and click the "programs" tab to find out how to register for any of these programs

Yoga: Mondays and Thursdays from 7:30-8:30pm at the Priddis Community Hall. All levels welcome. The next session runs from November 10- December 18.

Fitness Class: Wednesdays and Fridays from 9:45-10:45am at the Priddis Community Hall. This is a full body cardio, weights and bands class. Modifications provided for all fitness levels. The next session runs from November 12- December 19.

Indoor Pickleball: Back by popular demand most Sundays from 1-3pm and most Thursdays from 3-7pm at the Priddis Community Hall. A PCA membership is required for all players and users must reserve the court through the link on our website.

Parented Playgroup: Wednesdays at 9:30 in the Preschool Room (NW door) of the Priddis Community Hall. This is a drop in, parented program and is free for PCA members.

EVENTS

Christmas Market: Saturday November 29 from 10am-4pm at the Priddis Community Hall. Come and shop local this holiday season. Entry is free and we will have over 30 wonderful vendors. There will also be a concession serving up breakfast, lunch, snacks and drinks.

We hope to see you at one of these programs or events in the community this month!

Yours in Community, The Priddis Community Association Board of Directors



You are invited to the

DEWINTON CHRISTMAS MARKET

OVER 25 VENDORS
Christmas photos in the morning with
Lilyfire Photography (10am-1pm)
Calgary Fiddlers (2:15 & 3:00)
performing in the afternoon

**SATURDAY
NOVEMBER 22, 2025
10AM-4PM (FREE ENTRY)**

DeWinton Community Hall
114 MacLeod Trail E, DeWinton





SQUARE BUTTE COMMUNITY

Hello from the Square Butte Community Association!

We have some great events to wrap up the year at Square Butte Hall! We are proud to be hosting one of the best Annual General Meetings ever! This is not going to be your typical AGM; it's going to be a huge COMMUNITY and VOLUNTEER APPRECIATION PARTY! You won't want to miss this event!

Saturday, November 15th

6:30 pm Mix & Mingle – featuring nibbles from Highwood Catering! Wet your whistle with your favourite bevy from our cash bar and enjoy bacon-wrapped sirloin bites, jumbo prawns, a big charcuterie spread and some decadent sweets.

Arrive BEFORE 7:30 pm and the event is FREE!!!! Find yourself running late and arrive one second after 7:30 pm, then it's \$20 for members, \$30 for non-members, \$50 for families (It's a clever way for us to get you to our AGM, isn't it?)

7:30 pm AGM Meeting – This will be a VERY BRIEF review of our year, a time to recognize our volunteers and elect our new Board of Directors for 2026. Speaking of Directors... if you have a passion for community, and the thought of getting more involved sparks some interest, please consider joining our board. We are a fun crew to hang out with and have a few vacant seats that are waiting to be filled... BUT even if you don't want to dive into a full-time role, please still come out for a fun-filled night!

8:30 pm 33 Union takes to the stage and kicks off the party!

Visit our website to reserve your FREE TICKET (Note: you must arrive before 7:30 and attend the AGM to qualify for a free ticket)

Sunday, December 7th @ 5:30pm

Planning has begun for Square Butte's Christmas Concert! We are looking for talented people to take part. If you or someone you know would love to share your gift, please reach out! Talents can include: pianists, singers, storytellers, musicians, dancers, family skits or plays. A huge part of our concert is a basket raffle to support a local family in need. If you would like to donate an item for

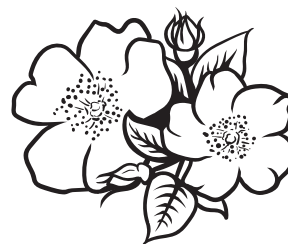
our raffle baskets, please contact Kristen Coles at (403-874-1943) Come for some festive fun. Christmas carols, cookies and hot chocolate. PLEASE BRING YOUR FAVOURITE HOLIDAY APPETIZER FOR EVERYONE TO SHARE AND ONE SMALL GIFT PER CHILD TO PUT IN SANTA'S SACK. (FREE BEVERAGES WILL BE PROVIDED)

As 2025 comes to a close, start rounding up your friends and making plans to celebrate the new year.

December 31st New Year's Bash at Square Butte Hall featuring Alicyn Campbell

Details coming soon!

Square Butte Community Association
www.squarebuttehall.com
Facebook @squarebuttehall
info@squarebuttehall.com



Hodgins Art Auctions, incorporated in 1983, handles the appraisal & sale of Fine Canadian & Western Art.

The HodginsHalls Auction Group offers the best of both worlds: a traditional bricks and mortar auction house, with all the benefits of the internet and web marketing.

We market your collections to an international network of collectors, giving you the best opportunity to maximize return.

Whether you want to sell an entire collection, or considering only parting with a few items, we welcome you to contact us.

MEDALTA POTTERY: November 9th
THE TRADITIONAL SALE: November 10th
HODGINS FINE ART: December 1st
WINE & SPIRITS: December 8th

HODGINSAUCTION.COM

403-252-4362



Founded in 1979, Hall's Auction is your trusted source for buying and selling fine antiques, wines & spirits, and other collections of value.



Concord Coach Model Stagecoach
by Stan Wychopen

to be included in
The Traditional Sale

HALLSAUCTION.COM

403-640-1244



SHEEP RIVER LIBRARY

November is a busy month at the library! After a jam-packed month of Out Loud events in October, we just keep going onward and upward.

ON **Saturday, November 22**, we are thrilled to showcase the AstroDome Planetarium, a portable planetarium with an inflatable dome and a high-definition digital projection system. These two elements create an amazing and immersive environment for the audience. Five sessions will take place throughout the day, covering topics such as “One World, One Sky” and “A tour of the Sky and the Solar System”. Sessions are geared for various age groups; all are listed on our website (sheepriverlibrary.ca). One evening session for adults takes place at 7:00 pm and includes Please register online ASAP as spots are going quickly.

On **Tuesday November 18** at 6:00 pm, we celebrate the completion of our solar panel installation. We are holding a reception to thank all our donors, installers, engineers, the committee and the Town of Diamond Valley who all worked together to make the project a success. We invite you attend the short ceremony and enjoy some light refreshments. This will be followed by an information session about solar power presented by Foothills Energy Co-op at 7:00 pm.

On **Saturday, November 15** at 2:30 pm Cheryl Bain will be presenting The truth is out there: But is it Online? In a world flooded with news, opinions, and social media, how do you know what to trust? This interactive media literacy course will help you develop critical thinking skills to evaluate information, recognize misinformation, and become a more informed media consumer. Some of the topics covered are: how to spot fake news and misleading content; the role of bias in media and how to detect it; and tips for verifying sources and fact-checking information. This session is perfect for teens, adults, educators, and lifelong learners. Join us at the library and become more confident in your ability to assess and engage with today's media landscape.



ECOWATER[®]
S Y S T E M S



Your Water. Perfected.

EcoWater Systems Calgary
Your Trusted Water Treatment Professionals

- Water Softeners
- Reverse Osmosis Systems
 - Iron Filters
 - H2S Removal
- Chlorination & Hydrogen Peroxide Systems
 - Ultra Violet Disinfection
- Whole Home Reverse Osmosis
 - Heavy Metal Removal
- Cisterns & Repressurization
- Service to Most Makes and Models

Canadian Water Quality Association Certified
and Factory Trained Technicians

Call 403-238-1950 or
email info@ecowatercalgary.ca to find the
right water solution for your needs!

ecowatercalgary.ca

Hollywood Got It Wrong returns with a special Remembrance Day edition. Retired Canadian Infantry Captain Ted Bain will discuss the movie Hyena Road. Come at 1:00 to view the film and stay for Ted's talk (not to be confused with Ted Talks) about what the movie got right, almost right or dead wrong.

To take advantage of **Giving Tuesday**, the library has set up a fundraiser at Canada Helps. We are fundraising for next year's National Indigenous Peoples' Day Celebration in June. If you want to donate please go to this address: National Indigenous Day Celebration -

CanadaHelps. You can click on the link in this month's article at sheepriverlibrary.ca/News.

Thank you to everyone who participated in our community engagement survey. The information we collected will help the library board develop the strategic plan for the next five years.

Please note that the library will be closed on Tuesday, November 11, for Remembrance Day, to honor the sacrifice of armed forces members who served and continue to serve our country. Normal business hours will resume on Wednesday, November 12.



LONGVIEW LIBRARY

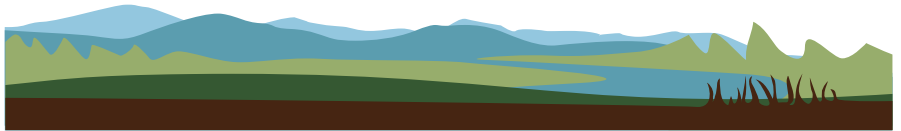
New books in the library are *The Pages of the Sea* by Anne Hawk, *We All Live Here* by Jojo Moyes, and *Out of the Woods* by Hannah Bond-Young.

In our Library of Things, we have a Bingo Game, a Parachute Kit, a Wood Burning Tool, a Dehydrator, a Nintendo Switch Oled, Doughnut Pans and a Telus Hub. More are coming. All these may be taken out just as you would a book..

The Take and Make kits are very popular among the young patrons. Each month, Lynda our librarian, organizes a creative craft kit for the children (and their parents, if they wish). October's one was a small twine pumpkin, that was very special and a great addition to the Thanksgiving decorations. The creations may be taken home or done in the library by members of the library only, and are free.

Lynda is planning extra programs for the children during the teachers strike. Watch for these on the library's bulletin board.

Sylvia Binkley - sliv@telus.net



Did you Know?

The De Winton Hall has an AHS fully licensed commercial kitchen which is available for weekday rental.

Features:

-  6 burner stove and freestanding Oven
-  Commercial dishwasher
-  Commercial Double Fridge
-  Plenty of counter space

CONTACT US FOR MORE INFO

 info@dewintonca.com
or call Matt at
403-938-2525



**FOOTHILLS
COUNSELLING**
PSYCHOLOGY INC.

YOUR LOCAL PSYCHOLOGISTS PROVIDING COUNSELLING FOR

Children, Adolescents,
Adults & Couples

Anxiety - Depression - Grief & Loss
Trauma - Current Stressors

CBT - DBT - ART - EMDR - Gottman

PSYCHOLOGICAL ASSESSMENT SERVICES:

- Individual Mental Health
- Formal Psycho-Educational
- Gifted
- ADHD
- Assessments for AISH,
PDD, & CPPD

DIAMOND VALLEY & CALGARY LOCATIONS

403.819.7691

krenny@foothillscounselling.com

www.foothillscounselling.com

Get Your Acreage Winter-Ready **Before** the Snow Falls!



As the temperatures drop and the first frost creeps in, it's time to prepare your property for the season ahead. Bar T5 has everything you need to protect your investment, your livestock, and your peace of mind.

Stock Tanks, Heaters & De-icers • Trailer Wintering • Winter-Grade Fencing & Gates • Snow Removal Equipment & Ice Melt • Livestock Feed & Bedding • Cold Weather Workwear & Gloves

Need advice? Our knowledgeable staff are here to help with winter prep tips for your barn, shop, and land.

TRAILERS • FEED • FENCING

LOCALLY OWNED EQUINE & ACREAGE SUPPLIES

WWW.BART5TRAILERS.COM

PROUDLY SERVING MILLARVILLE AND PRIDDIS FOR OVER 32 YEARS



HELLO DIAMOND VALLEY

Well we got our first snowfall on October 12, time to get the snow shovels out and the garden in. I pouted for a bit as I love summer so much, but as it officially fall and not winter I got over it pretty fast.

November 5-11 is Veteran's Week.

November 11 marks Remembrance Day, to commemorate the armistice, the end of World War 1, to honour the sacrifices of all military veterans who have served in their country's defense. We wear a poppy and observe 2 minutes of silence at 11 am. There will be a ceremony at Oilfields High School on Nov. 11, please come at 10:15 to find a seat and so as not to interrupt the ceremony.

The annual **Firefighter's Food Drive** will be Nov. 18 in Turner Valley, and Nov. 19 in Black Diamond, from approx. 6-9:30 pm. They come door to door for items to fill the Food Bank. Items especially needed this year are condiments, spices, cookies, crackers, canned meat and fruit, diapers size 5-6, pull-ups, body wash, bubble bath, soap, stocking stuffers, and new socks. Gift cards gratefully accepted as well for groceries. Thanks to our Firefighters from the Foothills for doing this, you are all awesome.

With the snow arriving, **Jacket Racket is back.** You can drop off your gently used, clean, winter clothing, for all ages, at ATB or the Town Office in Black Diamond, or the Library or the United Church in Turner Valley. The Church is home to the Oilfields Food Bank, and you can drop off or pick up these items on Tuesdays from 1-3, at 125 Royal Avenue.

November is when most of our **Christmas Markets** are. My two favorites are the High Country SPCA's Market, which is actually on Light-Up, December 6, at the Flare and Derrick. They have an amazing Market with tons of good raffles, vendors, food, and more, in support of the SPCA. And just down the road is the Legion's Ladies Auxiliary Market on Nov. 29 from 10-3, with bake sales, vendors, 50/50 draw, bucket raffles, Christmas décor sales, and the kitchen and bar will be open. The Ladies Aux. supports many charities in our area, including Rowan House, the Hospice, and more.

Other great Christmas Markets in the Foothills include: Millarville, Nov. 6-9 and 13-16, get a ticket early for this one. Okotoks Market Square Nov. 16, Saskatoon Farm, Nov.29-Dec. 1 and Dec. 6-8, High River Inclusion Foothills, Dec. 5-6, United Church Turner Valley Nov. 29, Granary Road, Nov 22- Dec. 14, DeWinton, Nov. 22, Springbank Nov. 1-2, Red Deer Lake Church, Nov. 15, Leighton Art Market, Nov. 8-Dec. 21.

Red Deer Lake United Church

invites you to their annual Country Style Turkey Supper on Nov. 29. There will be the Christmas Market, silent auction, and a lovely supper, to find out details, go to rdluc.com.

Rowan House is an emergency shelter for women and children in crisis, with outreach programs as well. They will be hosting Rhythms for Rowan House on Nov. 8, at the Big Sky BBQ in Okotoks. This is a night of delicious food, talented musicians, a silent auction, and fun all in support of Rowan House. There is a

discount for group tickets, to get yours and find out details, go to rowanhouse.ca/events.

An awesome concert coming up will be **The Hearts on Nov. 29.** This band is big on the Canadian Music Festival Scene and you will enjoy every minute of it. Part of Beneath the Arch Concert Series, it will be held at the Flare and Derrick at 7:30, to get your very reasonably priced tickets and support local youth with their bursaries, go to beneaththearch.ca.

Just a note regarding the **Legion's Spook House**, unfortunately they couldn't do it this year, so more steadfast volunteers are needed for next year if we want this spooktacular event to continue. I love the Legion, it is such a great place for all ages and they put on a good dinner and events all year long.

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

Elaine Wansleeven



MEOTA
PARISH
Alberta Canada

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
Alberta Canada



For more Information visit www.meotaparish.com

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

Proclaiming Christ in the Heartland!



FORMER COUNCILLOR UPDATE FOOTHILLS COUNTY By Barb Castell - Division 3

There were no Councillor Newsletters for the October edition of the High Country News, so here is the news I would have put in.

Millarville Historical Society

Enjoy an afternoon listening to stories and food traditions shared by local ladies' groups and Best of Bridge members and tasty treats.

Cooking With History

Saturday, November 22, 2025

2:00 PM - 4:00 PM

Millarville Racetrack Hall

There will be a draw for an original oil painting titled "Love Stuck", donated by renowned western local artist, Renee Gould. This painting was inspired by a photo of Frank and Beatrice Ball stuck in the mud on their honeymoon returning to the farm (see Foothills Echoes, page 174).

Raffle tickets \$5 per ticket

Membership Fees:

Individual \$20, Family \$30

Please renew or join MHS by sending an e-transfer to: millarvillehistoricalsociety@gmail.com

MRAS - Priddis & Millarville Fair

The Priddis & Millarville Fair was a huge success this year both Saturday and Sunday – record attendance.

Here is a picture of the group that planned for a year to make it happen. Volunteers are the backbone of any huge undertaking. Maybe you would like to get involved next year.



MRAS - Millarville Christmas Market

Start planning ahead for the 2025 Christmas Market at the Millarville Racetrack.

November 6 - 9

9:00 AM to 4:00 PM Daily

November 13 - 16

9:00 AM to 4:00 PM Daily

Tickets:

\$7.50 (children 12 and under free)

For more information: www.millarvilleracetrack.com/christmas-market

Kids Only Shoppe

The Kids Only Shoppe is open Saturdays and Sundays of the Christmas Market weekends. They are located in the Picnic Shelter at the south end of the facility by the concession.

This is a special place for children 5 to 12 years to select Christmas gifts, with shopping assistance from the elves, for their family members. All items are \$15 or less, with 80% of the items being quality handcrafted locally or donated by local vendors of the Millarville Farmers' Market.

Each gift is wrapped and tagged to keep the contents a secret until Christmas.

Mrs. Claus and her elves look forward to welcoming the children back to the Shoppe every year. The profits from the Shoppe are distributed between 6 local schools within the Foothills School Division to assist with their hot lunch programmes.

For more information: www.millarvilleracetrack.com/christmas-market

November 11 - Lest We Forget

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountryab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca

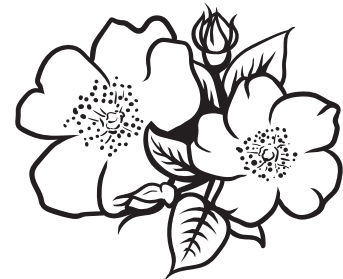


COUNCILLOR UPDATE FOOTHILLS COUNTY By Laura Kendall - Division 3

I would like to say what an honor and privilege it is to be elected councillor for Foothills County Division 3. Being born and raised here this area and the entirety of Foothills County are very special to me.

I believe my parents and grandparents would be very happy to see that I am following the family tradition of being involved in municipal affairs. I am proud to represent all residents of Foothills County and take this role very seriously. Thank you to all my supporters and those who took the time to vote. Looking forward to this journey and contributing to the future of Foothills County.

Laura Kendall



Busy

Bee

Services

House Services

- * Cleaning
- * Organizer
- * Shopper
- * Dog Walker

Professional Driver

- * Passenger pick-up & drop-off (Class 2)
- * Hot Shots
- & so much more

BusyBservices@pm.me 403-585-3800

THE SHAKESPEARE COMPANY PRESENTS:

THE BOAR'S HEAD

A COLLECTION OF THE FUNNIEST TAVERN SCENES BY WILLIAM SHAKESPEARE
HOSTED BY: EAU CLAIRE DISTILLERY



TICKETS: **\$35.**
Plus Fees

PLAYING: NOVEMBER 28 & 29, 2025
DECEMBER 5 & 6, 2025

COME HAVE A LAUGH WITH SHAKESPEARE!

DOORS OPEN AT 6:00PM
MENU & BAR SERVICE AVAILABLE
SHOW AT 7:00PM
113 SUNSET BLVD SW, DIAMOND VALLEY

FOR TICKETS SCAN HERE!

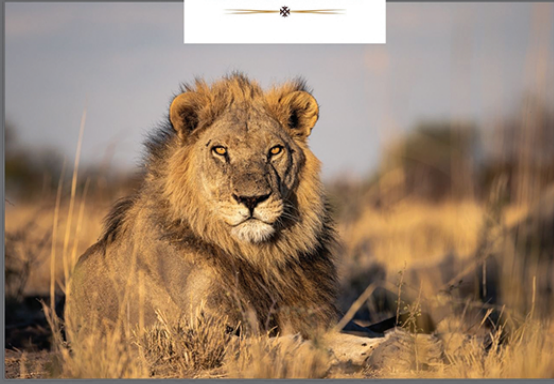


 **DOORS OPEN AT 6:00PM**
MENU & BAR SERVICE AVAILABLE
SHOW AT 7:00PM
113 SUNSET BLVD SW, DIAMOND VALLEY

WWW.SHAKESPEARECOMPANY.COM

EXPLORATIONS
AFRICA



You're a seasoned traveler, but the thought of planning an African safari leaves you overwhelmed. We're here to help as we're the experts in our field and luxury safaris are our specialty. Call us today for your own bespoke and perfectly planned safari!

Antoinette & Dan Mackenzie

Info@ExplorationsAfrica.com / www.ExplorationsAfrica.com
+1-587-741-2568

 **mountainview**
PAINTERS

In need of stucco paint and repair?
We can help!

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings.

We specialize in:

- Stucco Coatings**
- Stucco Repair**
- Exterior Painting**
- Interior Painting**

FREE ESTIMATES!

403-607-0316
info@mvpcanada.ca

mvpcanada.ca





COUNCILLOR UPDATE FOOTHILLS COUNTY By Suzanne Oel - Division 4

Greetings & Thank you! I appreciate the opportunity to serve you in the next Foothills County council term.

Thank you: for sharing your concerns and ideas with me throughout this past year and recent days. I will work with you on these top priorities I have heard from you.

Reduce taxes and plan carefully: I will take action on lowering the municipal tax bill in respect of our hard-working taxpayers and retired residents. In recognition of the burden of increasing cost of living, we need to reduce municipal property taxes to help residents manage. With the market-related increase to property values and the higher requisition bills coming from the Province on schools and policing, we must aim for a plan to compensate for these moving parts. To achieve this, I will work very diligently with our council and administration in our upcoming municipal budget planning to come in at a zero-increase on the municipal property tax bill, and plan to diversify our tax base from the approximate 75%

residential assessment proportion. See website for more details: suzanneoel.com

Best response to your emergency: When Foothills County residents experience their worst day, they will want to see the best-possible emergency services response when it really counts. Through my experience as Foothills Regional 9-1-1 Commission chairperson, Fire Board chairperson, Policing Committee member, and as High Country Rural Crime Watch volunteer president, I have acquired substantial insights for working with our valuable 9-1-1, fire + policing departments, and partner agencies. I will continue collaborating with all stakeholders in preparing meetings and strategies to continue addressing: EMS availability & response, police visibility & response, crime prevention, cyclist-community conflict, road safety, wildlife conflict, and fire/wildfire/drought/flood emergency preparedness.

Speed up building + development permit approvals: The face of Foothills County is often most seen when residents and businesses build their projects. While our departments strive to provide development and building permit services to the best of their abilities, we have seen a backlog of approvals due to the increasing amount of projects coming forward. We therefore have to rethink and improve the process to speed up the approvals

experience and time-frame. The County is currently implementing a new digital process and investigating the removal of some development permit obligations. I will prioritize and continue to work with our administration and council members in supporting these important services and improving the timeliness of results.

I will continue to work with you on these addition topics: respond and find solutions to your inquires and concerns, assist you with planning matters, road safety (speed, dangerous driving, cyclist-motorist conflict, high-collision intersections), Priddis Bridge improvement project, Municipal Development Plan review, consultation regarding the level of development and density in Division 4 and the County, access to water services in West Foothills, community and recreation support, garbage services, watershed health, deal with land-use/neighbour conflict, agriculture matters, road surface maintenance, dust control, preserving dark skies, maintaining our valued country lifestyle, and more.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

Visit High Country News online for my previous articles.

With Best Regards, Suzanne



RENOVATE FOR GOOD

Call or email STEPHEN for a quote
on bathrooms, basements, decks

Stephen@RenovateForGood.com
403.863.2085 | www.RenovateForGood.com

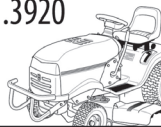
SMALL ENGINE SOLUTIONS Professional Small Engine Repair

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

Serving Bragg Creek • Priddis • Springbank • Elbow Valley

For Pickup Call

Phone 403.949.3110 • Cell 403.991.3920



Please join us for our annual

COCHRANE PREGNANCY CARE CENTRE

gala

NOVEMBER 7TH 2025

5:30 PM

COCHRANE LIONS CLUB & EVENT CENTRE

109 5th Ave W | Semi-formal dress
Silent auction | Live cake auction | Guest speaker

Tickets available at:
www.cochranepreg.com

COCHRANE PREGNANCY CARE CENTRE



THE INEFFABLE CHARM OF CHAMPAGNE by Stephanie Gilker

Hello! My name is Steph, and I founded the Saint Wine Society on the basis of bringing people into community through wine. It feels fitting that this column begins with bubbles, because for me, champagne was the beginning of my fascination with winemaking, and has always represented the joy and indulgence at the heart of wine.

Here's what I know to be true: champagne isn't just for midnight countdowns or anniversaries, it's one of the most versatile wines around. Fresh enough for oysters, bright enough for roast chicken, and lively enough to make potato chips feel fancy, it belongs at Tuesday dinners as much as a black-tie gala. My corniest quote is "don't wait for a special occasion, make this occasion special", and honestly, I stand by it.

The biggest question I get asked is "Is champagne really worth the cost?" and my short answer is yes. My longer answer comes by outlining the process of what gives champagne its worthy ego.

The story of champagne is a bit of accident and innovation. In the cool chalk cellars of Champagne (a region in the northeast of France), monks had a hard time keeping their wines stable. Fermentation stalled in winter and began again in spring, trapping bubbles inside the bottle. At first this was considered a flaw, with bottles even exploding in storage. Over time, producers learned to tame the sparkle and transformed it into the signature style of the Champagne region. What began as a winemaker's headache eventually became what we now call the "traditional method" of production.

In the traditional method, Chardonnay, Pinot Noir and Pinot Meunier grapes are hand harvested and fermented into still wine. The still base wine (or *cuvée*) is then bottled with a mix of yeast and sugar, which creates natural bubbles as the yeast ferments. Once the yeast dies, the wine ages on its lees, developing texture and complexity before being carefully clarified through riddling and freezing. The frozen sediment is expelled under pressure, leaving a perfectly clear and beautifully sparkling wine.



Jean Diot 'Premier Regard' Brut and Jean Diot 'Crayons de Vigne' Rosé Champagne from Collectio Imports

The bottles are then topped up with the dosage, a blend of base wine and sugar that determines the final sweetness level. Brut Nature and Extra Brut are the driest styles, while Demi-Sec and Doux are much sweeter. (The most common dosage we see on shelves in Alberta is Brut- think Veuve Clicquot or Laurent-Perrier.) Finally, the bottles are corked, caged, labeled, and either aged further or released for sale.

The name 'champagne' offers a level of quality and refinement because it denotes wines that were specifically made in the Champagne region in France, in the traditional method. Is it always worth it to choose champagne if you can? 100%. It's the *creme de le creme* for a reason. However, but fortunately for us, the traditional method has inspired the creation of incredible sparkling wines globally, and we can also enjoy this style of wine without the champagne price tag. To enjoy a similar champagne-like experience, look for traditional method sparkling wines like cava from Penedès, Spain, *crémant*



Castello Bonomi Franciacorta 'Cru Perdu' from South by Southwest Imports

from regions like Burgundy and the Loire and my personal favourite, franciacorta from Lombardy, Italy.

For the upcoming holiday, I recommend reaching for a sparkling wine to compliment your dinner, and your party guests. And if you're looking for a little more luxury, Saint Wine Society has a Champagne Cart Experience for those elevated events, so you can indulge in bubbles without having to pop and pour them all yourself.

Champagne, the ineffable sparkle. Welcome to the Society.

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

*Article Sources:
Champagne Master Manual, Wine Folly*

Photo Credit: Stephanie Gilker



Stephanie Gilker

saint wine society
saintwinesociety.com
@saintwinesociety

Website



Instagram





DUANE HARDER

You Can't Outsmart the Dog

An elderly lady had been invited by some friends to enjoy the quiet atmosphere of their summer cottage. The owners, however, had a large, spoiled dog. The favorite chair of the guest was also the favorite chair of the dog. Being somewhat afraid of the large animal the guest never dared to command him. Her creative mind came up with a plan and it worked. She went to the widow and called out, "Look Rover, cats, CATS!" The dog rushed over to the window and began barking furiously. While the dark barked, the woman slipped into the favorite chair. This worked fine for a few days. However, one day Rover entered the room and discovered the guest was already in the chair. The dog ran to the window and barked furiously. The woman rose from the chair and went to the window. The dog immediately ran to the chair and claimed his choice position. He learned the woman's trick.

I don't recall that the writer of the story claimed it was true but it does point to a real-life lesson — We reap what we sow.

In my youth I remember people saying, "These young people sow their wild oats and then pray for crop failure." Rather than praying for crop failure, I'd rather be careful what I sow.

Instead of deceit let's commit to seeds of honesty. If there is a weakness, flaw, or downside to the product, be honest and put the truth on the table. Point out what is good about the product and then state the negative. Let your buyer make an informed decision.

We are told to always put our best foot forward. Cover your weakness with strength. I will tell you where I have succeeded and leave out my failures. Transparency and trust are essential for strong relationships. When a person is transparent in their weakness you can put more weight on their areas of strength.

Embellishment may enhance the story but at the end of the day is it the truth? You like to hear some people tell the story because of the dramatic flair that is added. But at the end of the "drama" you hear yourself saying, "I wonder if that is what really happened?"

Here are some thoughts that will enhance the harvest of what you sow.

1. In what way will what I am doing enhance the person who is the recipient

of my words or actions? True success is leaving people or my environment in a better place when leave than when I came. When I am focused on what you think of me more than how can I enrich you I will be more likely to do whatever it takes to paint the best possible picture of me.

2. What words can I use that will stimulate you to develop the potential God placed within you when He created you? Most of us know when we have failed. We don't need to have that wrong rehearsed. What we need is steps of action that will enable us to climb out of the pit and make better decisions.
3. Dismiss negative words before they sprout. Tenaciously guard the language out of your mouth and strictly prohibit negative judgements from lodging in your mind. Those are the careless words spoken to you: "how can you be so dumb;" "you'll never amount to anything;" "you are so clumsy;" "you are such a loser;" and the list goes on. People have the right to form their own opinion about you but you are not bound to judge yourself by it.

Don't try to trick the dog. You reap what you sow. Commit today to sow good seeds and I'll see you at the top.

Duane Harder



CHRISTOPHER SANDVOSS
HEAD INSTRUCTOR

The Canadian Violin Making Institute offers exceptional programming and instruction for aspiring Canadian and international luthiers.

Long and Short Term Studies
Summer Courses

403.471.9419
canadianviolinmakinginstitute.com

142 Hawk Eye Rd., Bragg Creek, Alberta, Canada

Find care,
community, and
comfort this winter



**Call 403-938-4448 to
book a tour today.**

47 Riverside Gate, Okotoks
VenviTheHeartland.ca

VENVI THE HEARTLAND
— Retirement Living —



GET RIPPED by Jari Love

Cold Plunges: The Cool Trend That's Taking Over Fitness – But Is It Right for You?

If you've been scrolling through social media lately, chances are you've seen someone taking the plunge into an icy bath, lake, or even a backyard tub filled with freezing water. Cold plunges (or cold-water immersion) are one of the hottest wellness trends right now, pushed for their recovery and mental health benefits. Cold plunges have also made their way into celebrity wellness routines. Fans include stars like Lady Gaga, Chris Hemsworth, and Joe Rogan, who all swear by the icy dip for faster recovery, better focus, and an instant mood boost. But like most things in fitness, they're not for everyone.

A cold plunge involves immersing your body (usually up to the shoulders) in cold water, typically between 50–59°F (10–15°C), for a short period, anywhere from 2 to 10 minutes. Some athletes use it after intense workouts to reduce soreness, while others use it as part of their daily routine for energy, focus, and resilience.

The Benefits of Cold Plunges

1. Faster Muscle Recovery

Cold plunges can help reduce inflammation and muscle soreness after intense exercise. The cold water constricts blood vessels and lowers metabolic activity, which can decrease swelling and tissue breakdown. When you warm up afterward, blood flow returns, helping flush out metabolic waste and deliver nutrients to sore muscles, essentially speeding up recovery time.

2. Boosts Circulation and Energy

The shock of cold water triggers your body to work harder to maintain its core temperature, increasing circulation and oxygen delivery throughout the body. Many people report feeling invigorated and energized after a plunge.

3. Strengthens Mental Toughness

Cold-water immersion requires you to breathe through discomfort and stay calm under stress. Over time, this helps

strengthen your mental resilience and stress tolerance, skills that translate well into workouts and life. It's a great way to train your mind as much as your body.

4. May Support Immune Function

Some studies suggest regular cold-water exposure may strengthen the immune system by stimulating the production of white blood cells and enhancing overall immune response. While more research is needed, many cold-plunge enthusiasts swear by its immunity-boosting effects.

Who Should Avoid Cold Plunges

Cold plunges aren't safe for everyone. Anyone with heart disease, high blood pressure, respiratory issues, or circulatory problems should skip them, or at least consult their doctor first. The sudden shock of cold water can constrict blood vessels and raise heart rate and blood pressure, which can be dangerous for those with underlying conditions.

Pregnant women and people with nerve disorders or open wounds should also avoid cold plunges. And if you ever feel dizzy, faint, or short of breath while in cold water, get out immediately—your body may be signaling that it's had enough.



STRUGGLING WITH MENOPAUSE?

- SMALL GROUP TRAINING
- PERSONAL TRAINING
- DIET & WEIGHT LOSS PROGRAM

**LOSE UP TO 15 LBS
IN 8 DAYS!**

(ask me how!)

CONTACT ME TODAY

getrippedjari@gmail.com

Jari Love • Certified personal trainer
www.jarilove.com

Creator of the Get RIPPED! home workout series
Seen in OXYGEN and SHAPE magazines

Tips for Trying It Safely

- Start slow: Begin with shorter exposures (30 seconds to 2 minutes) and slightly warmer water, gradually working your way down in temperature and time.
- Control your breathing: Focus on slow, steady breaths. It helps calm your nervous system and prevents panic.
- Warm up afterward: Get dry, put on warm clothes, and sip something warm to bring your core temperature back up safely.
- Never go alone: Always have someone nearby, especially if you're new to cold plunging or doing it in open water.

Cold plunges can be a fantastic tool for muscle recovery, energy, and mental resilience, but they're not a one-size-fits-all fitness hack. Like any wellness trend, listen to your body and prioritize safety first. For most healthy, active individuals, it can be a refreshing way to give your body (and mind) a little boost. Just be ready to chill... literally!

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.



WILL INFORMATION by Bill Stemp

Below is a brief description on what we need for each document as well as a breakdown of the information I require to prepare the draft documents. For your reference, I have also included details on the Enduring Power of Attorney and Personal Directive should you require them as well and a breakdown of our fees at the bottom.

WILL

Do you wish to be cremated? What is your full legal name and any aliases. Full legal name, relationship, city and province of your Primary and Alternate Executor/rix and Trustee Guardian, relationship, full legal name, relationship, city and province. Full legal names of your children. At what age would your children be released the funds in trust ex: age of majority (currently 18), 21, 25...It is usually not a good idea to have someone as young as 18 years old receive their full inheritance at such a young age. This could result in the inheritance being squandered or wasted. Therefore we would suggest that you direct your executor to pay perhaps 20% when your beneficiary is 18, 25% when they turn 21, another 25% when

they turn 25 and the balance when they turned 30, or something similar to this. Your executor and alternate executor should be people living in Alberta. If they are not, this can cause substantial delays and costs to be incurred.

If you want to leave any specific bequests to any person or charity we need details. For example you might want to leave 2% of your estate to the Red Cross Society, 2% to the Salvation Army etc. It is not a good idea to leave his specific amount of money to a charity or individual beneficiary because the amount of your estate may be substantially less upon your death than you thought it would be. For example if you direct that \$5000 is to be given to a certain person or charity intending that they receive 5% because you have a \$100,000 estate, you likely do not want that same \$5000 direct bequest to be given to that charity or individual if your estate is only worth \$50,000. For this reason we recommend that the person or the charity receive a percentage of your estate, not a specific dollar amount.

If you own your own home in your name it might be a good idea to have us transfer the title into your name and your spouse as joint owners. That way your home does not flow through your estate but rather is transferred to the surviving spouse. This avoids probate for your home and makes it possible to sell the home much more quickly

versus having to probate an estate which includes your home.

Any life insurance policies should have a named beneficiary so that the death benefit flows directly to the named beneficiary. It is not a good idea to name your estate as the beneficiary since the death benefit would be included in your estate and the grant of probate would need to happen first before any of the life insurance proceeds could be accessed.

How you would like your estate to be distributed, with alternates Executors fee if different from the standard 2-5% Any property not jointly owned, if so the municipal address We always recommend that you have a direct beneficiary named when it comes to your employment, banking, investments, life insurance policies as this will delay any release of funds and avoid the funds from going to probate and taking 4-6 months to be released. Should you have a Joint bank accounts with your spouse we recommend you ensure that it calls for "right of survivorship" which will prevent the account from being frozen until such time as a Grant of Probate is issued from the courts.

ENDURING POWER OF ATTORNEY (EPA)

This document is used to give another person the legal ability to manage that person's assets if the person becomes unable to do so by reason of mental disability. This is particularly important between spouses, as

OVER 25 YEARS INDUSTRY EXPERIENCE • LOCALLY OWNED AND OPERATED



EMERGENCY SERVICES
& FREEZE-UPS

WELL PUMPS, PRESSURE SYSTEMS,
CISTERNS, STOCK WATERERS

WELL TESTING & WATER SAMPLING

WELL CLEANING
& TREATMENTS

CONSULTING & SYSTEM DESIGN,
TROUBLESHOOTING & DIAGNOSTICS

WATER QUALITY & FILTRATION

SERVING FOOTHILLS COUNTY • BRAGG CREEK
SPRINGBANK AND SURROUNDING AREA

403-931-2991 • aquamule.com

Experienced
Calgary Lawyers

Proud to provide Calgary with legal services that Matter

Copyright
Patents
Trademarks
Corporations

Contact Kari
kari@stemp.com

Real Estate
Wills & Estates
Probate & Admin
Applications

Contact Tasha
tasha@stemp.com



Stemp & Company
We find solutions®

(403) 777-1122

www.stemp.com

a spouse has no legal ability to manage the other spouses' assets without this document. The Enduring Power of Attorney may come into force upon disability which would require the certificate of one or two medical doctors, whichever you choose, or you may wish to have it begin immediately depending on your current situation and needs. If you do not have an enduring power of attorney and you become disabled, your spouse or other family member will need to apply to the court to be appointed as your Guardian and trustee. These types of applications are very complicated, time-consuming and can be very costly. Until such time as the Court issues the appropriate order, nothing can be done to look after your affairs. The result could be catastrophic. All of this is avoided by simply having an enduring power of attorney in place.

What is the full legal name, relationship, city and province of your Primary and Alternate Attorney. If other than your spouse (typically for the Alternate), is he/she required to provide annual accounting to anyone, if so who?

Reimbursement of expenses only or an annual fee (percentage of your estate or set amount) for the Attorney acting? Do you own any property outside of Alberta? If yes, we require details.

PERSONAL DIRECTIVE (PD)

This document gives another person the

legal ability to make all of the non-financial decisions that need to be made if that individual becomes mentally incapable. The person appointed has a legal responsibility to ensure the decisions and actions that are carried out are what the person making the document would wish to happen and include residence, medical care and life support.

The person making this document may choose to allow the appointed person to make all of the decisions based on what that person believes your wishes to be, or can include a specific list of all actions you wish to be taken with respect to treatments and living arrangements.

What is the full legal name, relationship, city and province of your Primary and Alternate Agent who may be notified once this document comes in effect.

Reimbursement of expenses only or an annual fee (percentage of your estate or set amount) for the Attorney acting. These people should both be living in Alberta. This makes things much easier and convenient for your agent or alternate agent. Imagine a friend or family member having the authority to give direction to medical staff regarding life-support when the friend or family member is thousands of kilometres away.

FEE BREAKDOWN for basic form documents:

- Will \$450.00

- Enduring Power of Attorney \$250.00
- Personal Directive \$250.00
- Plus \$35.00 administration fee plus GST
- When all three documents are prepared the cost will be \$850.00 plus GST.
- Couples full packages \$1500.00 plus admin fee plus GST.

Once we obtain the above information, we can then draft the documents for your review and approval and proceed to schedule an appointment for execution. Please let me know should you have any questions.

Please note that if you do not have an EPA, no one will be able to look after your affairs in the event that you become disabled. Also please note that the will is only effective from the date of your death. Therefore if you become disabled your family will not be able to look after your financial or personal affairs based on the will.

In other words you must have the enduring power of attorney, failing which your family or spouse will need to apply to the court to be appointed as a guardian or trustee. This can be a very expensive proposition and if you become disabled outside of Canada it can be even more complicated and expensive.

Stemp & Company
1670, 734 - 7th Avenue SW
Calgary, Alberta T2P 3P8
Bill Stemp
403-777-1125 bill@stemp.com



MOUNTAIN'S EDGE RENOVATIONS

EMBRACE MULTI-GENERATIONAL RURAL LIVING!

Is your extended family seeking a balance between togetherness and personal space?



DID YOU KNOW:

Many properties in Rockyview and Foothills Counties can now have a detached secondary home (known as an Accessory Dwelling Unit = ADU). No subdividing required!

Connect today to explore your property's potential for a better family experience.

- 17 years in business • Now building custom homes and ADU's (also known as carriage homes, garage suites, secondary suites, and backyard suites • Already booking for 2026

mountainsedgerenovations.com • 403-949-7727 or 403-461-2710 • FB: @MtnEdgeRenovate • IG: @mtnedgerenos



MORTGAGE MATTERS by Candace Perko

Mortgage Outlook 2026: The Renewal Wave & Payment Shock

One of the most important dynamics in Canada heading into 2026 is the renewal of existing mortgages. Many homeowners locked in relatively low fixed rates in prior years will see those terms expire and be forced to renegotiate. The Bank of Canada's own research suggests that, on average, those renewing fixed-rate mortgages could see a 20% increase in payments. Because of this "payment shock," mortgage renewals are flagged as a systemic risk. The Office of the Superintendent of Financial Institutions (OSFI) paints a picture of considerable stress for households under higher borrowing costs.

The Canadian housing market is expected to lean toward stabilization, with only modest growth overall and meaningful variation by region and property type.

Interest Rate Expectations & Trends

The path of interest rates will strongly influence how painful renewals are and how new borrowing conditions evolve. Some key expectations:

- Many forecasts project the Bank of Canada lowering its policy rate to 2.25%, perhaps staying at that level for much of the year.
- This could lead mortgage rates to soften slightly, although they may remain well above the lows from earlier in the decade.
- For variable-rate mortgages, payments may ease further given declining interest rates. For fixed-rates renewing, the key is locking in before rates creep higher again or staying ahead of market movements.

So, while 2026 may bring some relief, it's unlikely to be dramatic. Many households will still feel pressure, especially those on tight budgets or with less flexibility.

Risks, Challenges & Upside

Key Risks

- Household Affordability & Leverage: The degree of payment shock faced by many households could suppress demand, particularly among middle-income and first-time buyers.
- Tighter Lending Standards: Lenders may raise credit barriers, bump required down payments, or emphasize stress tests more heavily.
- Economic Sluggishness: Some economists (e.g. Oxford Economics) forecast Canada remaining weak through 2026, which would dampen housing demand.
- Regional Oversupply: Certain markets (especially Ontario, B.C.) may continue to

be weighed down by excess listings and weaker demand.

Potential Upsides

- Rate Relief: If the Bank of Canada can cut rates further or stabilize rates at lower levels, that may help cushion some of the stress on renewals and new mortgages.
- Rental / Investment Demand in Tight Markets: Regions where supply is constrained may still attract investors or those shifting to rentals, bolstering values.

What Stakeholders Should Do

- Homeowners / Renewing Borrowers: Start reviewing options early. Understand your buffer for higher payments. Consider locking fixed rates ahead of renewal if possible.
- Prospective Buyers: Be cautious and don't assume big price gains. Focus on properties with strong fundamentals, and buy within qualification or less.

2026 in Canada's mortgage and real estate space is unlikely to be a boom year, but likely one of transition, stress, and selective resilience. The biggest challenges will come from renewing mortgages at higher rates and managing affordability in markets already stretched. The upside is that well-positioned homes, careful planning, and strong valuation/backing will help those who prepare.

Candace Perko, Mortgage Broker

BARRISTER & SOLICITOR, NOTARY PUBLIC Linda A. Anderson



• Real Estate

• Wills

Including Personal Directives
& Enduring Power of Attorney

• Estates

• Family Law

Including Divorce, Pre Nuptial
& Co-Habitation Agreements

• Small Business

25 Years Experience

403-243-6400 (Calgary Office)

403-949-4248 (Redwood Meadows Office)

linda@lindaandersonlaw.com

Calgary Address: 2822B 40 street SW

Redwood address: 41 Redwood Meadows Drive

Get a local Point of View



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



403.560.6016

info@countrysidefinancial.ca
countrysidefinancial.ca



REAL PROPERTY REPORTS - IS YOURS UP TO DATE?

by Wayne Chaulk BComm., Realtor

It's still the case that many people listing their homes and country properties are surprised to realize they are required to supply a current, up to date Real Property Report, particularly sellers who have not sold a property in a long time. One of the clauses in the Purchase Agreement in residential real estate transactions requires the seller to provide the buyer with a Real Property Report which reflects the current state of improvements on the property with evidence of municipal compliance or with Relaxation Agreements granted for items of non-compliance.

A Real Property Report (RPR) is a survey drawing of the property prepared by a licensed Alberta Land Surveyor and shows the outline & dimensions of the land, buildings and improvements on the property. Any additions and improvements made to an existing or older RPR can include expansions to a dwelling, added detached garages, workshops, decks, fences, pools, hot tubs, retaining walls, A/C units, sheds, gazebos, horse shelters, paved driveways, garden structures, etc. So, if you only have an old survey which does not reflect work you have done since you purchased, you will need an updated or new RPR when you go to sell. You should ideally have it ready when you list so it can also be used in the marketing information on your listing by your Realtor.

Once completed or updated, the RPR needs to be stamped with a Certificate of Compliance, or a Letter of Compliance issued by the city or municipality where the property is located to show that the location and dimensions of the improvements comply with relevant by-laws and reflect any added items. In the case of Foothills properties, you would take your completed RPR to the MD office in High River and they will circulate it internally and if satisfied will issue a Letter of Compliance. If your RPR does not comply, say because the garage or any outbuilding are too close to the property line, an application can be made to the city or municipality to see if they will allow for a relaxation of the applicable by-law and grant a relaxation agreement, for a fee.

If the non-compliance is because of an encroachment, that is, an improvement or an addition on the property is

partially situated on city or municipal district property or on a right-of-way or easement, an encroachment agreement must be obtained. These relaxation or encroachment agreements can cost anywhere between \$300 - \$600+. If the application for the relaxation or encroachment is refused, then the non-complying improvements must be moved in order that compliance can be obtained. This is quite rare, but can happen, especially if the non-compliance is significant.

It is therefore very important when selling a property to ensure that you have a current RPR with a compliance certificate/letter, and if you do not have same, that one is ordered as soon as the decision to sell is made in order that compliance, relaxations or encroachment agreements can be obtained as necessary before a sale actually closes. This will avoid delays in closing or

monies being held back on closing pending obtaining the required agreements from the city or municipality, as the case may be. Lawyers will often hold back a few thousand to ensure an RPR gets done or updated and this can irritate the seller. Sometimes a buyer may accept an existing RPR with, for example for just an A/C unit or a small removable shed added by the seller, but most often the buyer's lawyer will still advise their buyers to receive a fully compliant RPR which shows any and all changes to the state of the property.

Normally an RPR for a city property is about \$500 - \$700. For the country it can be \$800 - \$1400+ depending on the size of the acreage and the number of buildings and additions to the property since buying.

Feel free to reach out to us and we can supply names of survey companies if you need to call a couple to get quotes.
403 863 7920



THE CHAULK TEAM
A TRUSTED NAME IN REAL ESTATE

Thinking of selling or moving in 2026?
Call your area specialists
Wayne & Rebecca Chaulk!



ROYAL LEPAGE
Solutions

Wayne Chaulk
REALTOR®

Rebecca Chaulk
REALTOR®

Cell: **403 863 7920**
Office: **403-252-5900**
www.chaulkrealestate.com



ABSOLUTE
Pest Control

Pest Free Living, Stress Free!

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

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

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



MISTER MORRIS by Andrea Kidd

Jane opened the squeaky screen door and called, "Here! Missy, Missy, Missy! Come to Mummy!" She set a saucer of milk on the backdoor step. A sleek grey cat stretched, mewed, ambled over and hunkered down contentedly on her haunches to lap up the expected treat.

"Where've you been all night, my little kittikins," chided Jane. "Did you find a tasty vole?"

The cat slipped into the house between Jane's legs. Noticing movement in the bushes at the end of her yard, Jane saw a ginger cat.

"Oh! And who might you be?" questioned Jane. "I haven't seen you before. You'd better go home to whoever you belong to."

The ginger cat jogged determinedly up to the doorstep on pure white paws. He licked up the rest of Missy's milk and rubbed against Jane's leg. Jane bent to pet the orange fur on his head and drew back.

"Oh, you silly cat! You've been fighting! Let me take a look at that mess on your head."

Jane bathed the abscess with warm water and boracic acid powder. The cat tried to jump down but Jane took him firmly by the scruff of the neck. Unable to move from Jane's grasp, he submitted as the old woman cleansed the wound. Water dribbled down the cat's fur and he squirmed.

"There now, my lovely," she soothed, "nearly done, just a few more rinses, there's a good boy." The cat finally scrunched down low and tolerated the ordeal.

She released her grip; the cat jumped down, shook himself vigorously and went behind the sofa to lick the water off his fur.

"Let's see what we've got," she muttered, to herself. She opened a can of Missy's 'Tuna

Delight' and set it down for the new arrival. Eagerly, he devoured the chunks and skidded the tin around the kitchen floor as he licked it clean. He washed his paws, wiped his mouth and whiskers with them, went to the back door and mewed.

"Well," said Jane. "Nice to see you, Mister! Now, off you go and don't get into any more trouble!"

About a week later, the stray cat returned.

"Oh, you came back, did you? How's that sore?" She parted the fur on his head and noticed a scar had formed. But a new gash, oozing yellow pus was evident on the cat's shoulder.

Again, she took him in, tended to his injury, and fed him.

The orange cat became a frequent patient. Each time, Jane nursed his gashes and abscesses. Missy hissed at him sometimes, but mostly they ignored each other.

"You need a name, Mister," Jane chattered. "You look like Morris to me. Mister Morris. Yes, that's a good name for you, my prize fighter. Get along, now Mister Morris, and don't get into any more fights! Do you hear?"

But Mister Morris' nature did not change.

One frosty morning, as Jane was bathing another gash, she said, "Enough! This is going to be the very last time we go through all this palaver!"

A few minutes later, when Mister Morris had retreated from Jane's grasp and was furiously licking his wet orange fur back into shape, Jane was talking on the phone.

"Tomorrow morning? Yes. Nine o' clock will be fine. What's the cost?"

"Harrumph!" she said and plunked the receiver into its cradle.

From a box in her top desk drawer she pulled out half a dozen twenty dollar bills and put them in her purse.

Jane let Missy out that day, but kept the ginger cat indoors until the next morning.

Next day she put him into her shopping buggy, zippered up the top and wheeled

him down the street. Mister Morris protested, but he was powerless. He squatted down, mewed and shed fur all the way to the vet.

His post-operative recovery was swift. Fur grew back to cover the bald patches making him look sleek and healthy.

Some time later, Jane was returning home from shopping, her buggy full of groceries and cat food. Three blocks from home she stopped. A woman was cradling a cat in her arms. It was a ginger cat with pure white paws.

"Is that your cat?" asked Jane.

"Oh, yes. This is my little Bootsie!"

The woman nuzzled her nose into the cat's fur. "You're my little Cutesie Bootsie, aren't you, my love?"

Jane leaned over and stared into the cat's eyes.

"You know," said the woman, still holding 'Bootsie' as though she were nursing a baby. "It's the most astonishing thing. He used to come home with nasty oozing abscesses. I didn't know what to do! I told him what a naughty boy he was, going out at night and getting into fights, but he didn't stop. I was at my wits end!"

Then she confided, "He's changed now. Transformed. It's a miracle! God heard my prayer and did a miracle on my little 'Bootsie'!"

Jane turned to leave.

"Hmm, I suppose so," she muttered, "nice cat you have." She walked home, deep in thought.

Mister Morris! You've been two-timing! You little rascal! Maybe I should tell that woman you're with, that I had you fixed. Nah. Let her think it was a miracle. Hmm... maybe it was a miracle... maybe God used me to answer her prayer.

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



RED DEER LAKE

MEAT PROCESSING LTD.

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

WHOLESALE-RETAIL

**BEEF-PORK-LAMB-
SMOKED PRODUCTS**

**FULL SERVICE
RETAIL COUNTER**

CUSTOM PROCESSING

ALBERTA GOVERNMENT INSPECTED
MEAT FACILITY ABATTOIR

SPECIALIZING IN:

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

90093 226 Avenue West
Foothills, Alberta T1S 2Z2

403-256-4925

FAX: 403-256-8882
Email: rdlmeats@telus.net
Web: www.rdlmeats.ab.ca

Bragg Creek • Bow Valley • Cochrane • K-Country



FIREARMS COURSES

Non-Restricted & Restricted Licenses



Call (Mark) 1-403-679-8122

Email: abguncourses@gmail.com



Firearms Appraisals; Firearms Estate Services, Firearms Verification;

1-On-1 Shooting Improvement Clinics; Holster Courses,

Customized Live-fire Shooting Courses & Programs.

Serving the Communities in Firearms Safety since 1996

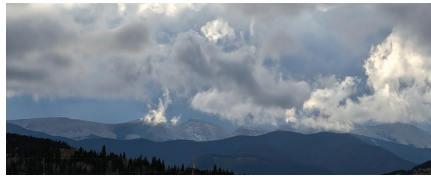


OUT OF THE RUT Chapter 183

...and then there was snow. October finally brought the change in weather everyone looks forward to. The skiers and boarders will be salivating. There's a different flavour in the air as I watch the finest snow fall softly this morning. The quiet of a freshly-covered land has a unique mystery, the mountains last night appeared to be smoking as the clouds roiled and tore, splitting and massing after a day of warmth and sunshine to make the dramatic switch to rain, sleet and snow overnight.

I had the great fortune to have the necessity to drive the 762 both Saturday 'blizzard' evenings. The first Saturday I was at least in the passenger seat as my companion muttered "I can't see anything" to which I confirmed nor could I. The snow was suddenly coming thick and fast and reflecting the headlights' brilliance made things very interesting, the road markings disappear, the bends in the road take on the flexibility of an irritated snake.

The second Saturday I had to drive from West Bragg Creek down to my place and back. Journey south was fine as I was racing the weather, but with a half hour stop



almost an inch of snow accumulated on my car and my journey back north averaged about 40km or less on Hwy 762. Once I turned off onto the dogleg to Bragg it was easy driving again – what is it about that magical stretch of road that makes it so gloriously beautiful and varied, and equally traumatic to drive during more challenging weather? That particular configuration of hills and valleys, dips and expanding vistas obviously serves to funnel some extreme patches of weather into its path. One of the significant factors in my finally letting go of a Bragg Creek studio and doing my work from home instead.

My horse work is blooming. I am meeting wonderful four-legged personalities, having the grace of space and time to spend with them meeting them on a non-demanding, conversational level. Yesterday it took me at least half an hour to 'catch' a horse as I walked across a swath of deep tussocky grass taking care not to sproing an ankle on the way, talking with first one, then another horse, receiving their escort me to a third, and having a deep three-way conversation in the field before we even considered returning to the barn.

My girl, on the other hand, is experiencing some discomfort at the moment and expressing herself with rather grouchy faces, reluctant visits and outright protest. It distresses me that I cannot provide an instant fix, but we are working on it. She gets deeply offended if I enter the field and head towards someone else, will whinny from a distance with an expression of slight outrage that I should even consider talking to someone other than her. On occasion she will shun me if I come with two halters, waiting until she sees who else I 'capture' before she allows herself to join with us, but is still offended if she is not invited.

It's an interesting time. Watching, listening, learning every day.

On the human side of things, equally entertaining as we share each other's war-wounds, stories of day-to-day mishaps and near misses. I sport yet another colourful bruise, my friend has blisters on her foot from pouring boiling water on herself, my Dad is still struggling to heal a tiny, yet persistently annoying and oftentimes debilitating mystery injury after a whole year of diligent treatment. The joys of getting older...I guess significantly outweigh the alternative.

Get out there and keep doing what you're doing!

*Kat Dancerbodymudra@gmail.com,
+1 415 525 2630
(ph/whatsapp)*



TRUE NORTH TREE SERVICES INC.

- Fire Risk Mitigation
- Brush Chipping
- Removals
- Emergency Work
- Pruning
- Bucket Truck Services

403-519-5144 www.truenorthtrees.com



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



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

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



LOOKING AT THE BRIGHTSIDE OF SUNSHINE by Laura Griffin

I feel negligent for writing articles about nature for this long without featuring the real “star” of the show, the player without which none of these other neighbours could survive. Our most stellar neighbour, the Sun, is responsible for delivering almost all the energy on Earth and making our planet habitable.

Us Earthlings orbit around the Sun once roughly every 365 days, giving us our year from a distance of approximately 150 million kilometres away. If we ignored all the crushing void of space in between and the limitations of the average commercial passenger plane flying at 900 km/hour you would arrive at the sun in approximately 19 years. You would, at that point, be very crispy as it is 5700 degrees Celsius on the Sun’s surface. However, it is this inferno of the fusion of hydrogen that creates the solar energy that arrives on Earth’s doorstep at just under 8.5 minutes as light after leaving the Sun’s surface. This is where the magic begins.

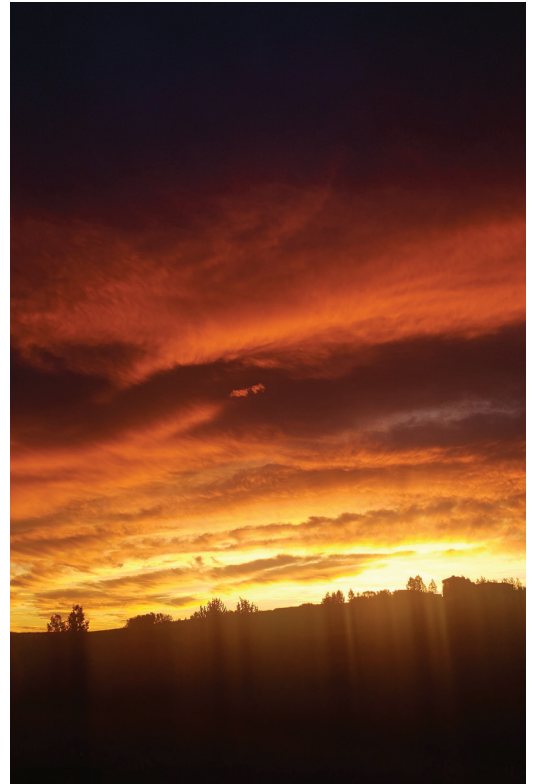
Miraculously, Earth is the perfect distance from our closest star, more affectionately known as the Sun or Sol, to provide us with just enough heat from this solar energy that the surface is neither too hot nor too cold to have all the plants and animals survive. It also allows us to have liquid water. Astronomers refer to this as the Goldilocks zone. If this is not enough information to “warm you” to the idea of the Sun’s importance, it is only just the beginning.

Down here on the planet’s surface only the plants have figured out how to convert this



Photos by Laura Griffin

marvellous solar energy into carbohydrates through the process of photosynthesis. All the rest of the Earthlings either have to eat the plants full of carbohydrates or the animals that eat the plants in order to get the energy we need to go about our day. Every time you pet a cat, go for a walk, or even blink, the energy for that motion came from the sun. Every tree growing in the forest, or strawberry found in the field is produced by this energy. It is a remarkable system. In the last century humans have even found ways to capture this energy in solar cells to create electricity and in ancient times used it to start fires with glass.



My heart is a “glow” daily with the wonderous sights of nature. Not only does the Sun keep the energy flowing in the system and making it nice and cozy for me to live here, but it is literally brightening my day. How could I watch the ice melt, find animal tracks in the snow, or see a bird take flight without these beams of sunshine.

As you head into the diminishing hours of daylight in November I hope you appreciate the increase in the dawning of the days you get to witness. Take a moment to be grateful for that giant ball of burning gas that makes our world go round and paints our sunrises and sunsets in all of their glory.

RESIDENTIAL & COMMERCIAL EXCAVATION SERVICES
*Full Service Excavation • Septic Design & Build
 Trucking of Gravel, Rock, Fill & Loam
 Trenching • Large Scale Landscape Work
 Road Building & Acreage Development*

EE EARTH SERVICES LTD.

403.478.0050
*Professionally Trained • WCB
 Full Commercial & Liability Insurance*

C.R.S. SPARK
ELECTRICAL SERVICES

- Fresh Installation, Basement Developments.
- Renovations, Additions.
- Troubleshooting, Service Calls.
- Everything Electrical, Indoor/Outdoor.

403-700-6114
CRSpark@outlook.com

KIDS ZONE

Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

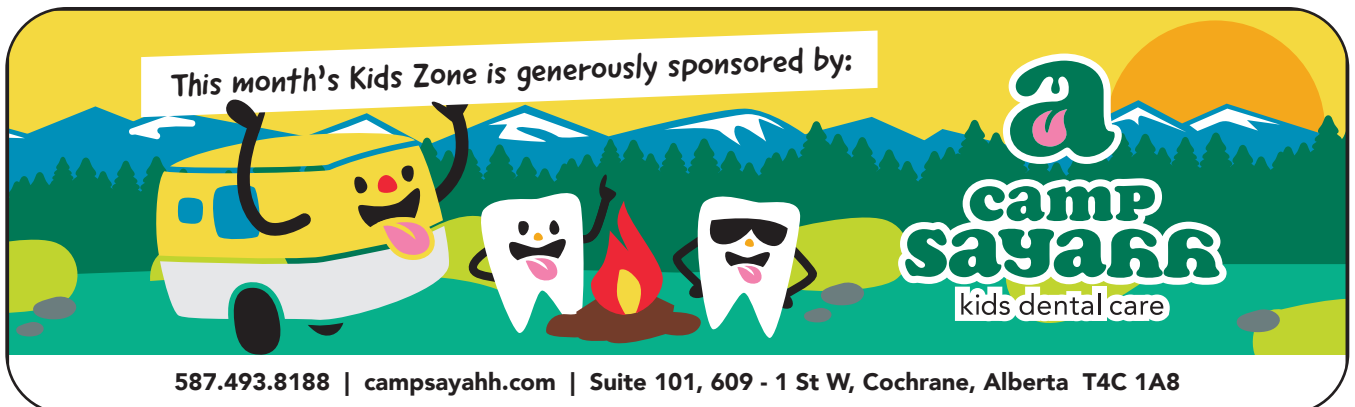
Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print! We will include your first name and age if you include that information

Solar System Word Search

Sunshine	Aurora
Mercury	Flare
Space	Sol
Vacuum	Animals
Jupiter	Power
Asteroid	Venus
Energy	Saturn
Neptune	Earthling
Plants	Battery
Mars	Crispy
Warmth	Burn
Sunsets	Uranus

C	R	I	S	P	Y	H	E	J	H	T	M	R	A	W
L	M	R	P	O	L	F	U	R	A	N	U	S	L	C
A	O	A	A	P	Y	A	T	S	U	N	E	V	E	R
N	F	U	C	E	H	R	N	T	I	S	I	A	H	T
I	U	R	E	B	U	T	U	T	R	E	K	C	M	A
M	N	O	D	U	R	M	N	C	S	V	B	U	R	N
A	I	R	I	Q	E	L	U	T	R	Y	L	U	A	S
L	R	A	O	V	W	F	L	A	R	E	D	M	A	F
S	S	H	R	B	O	K	O	S	S	D	M	B	T	S
E	T	T	E	A	P	S	W	J	T	A	N	U	T	N
N	E	P	T	U	N	E	M	U	N	E	I	R	E	R
I	K	D	S	T	D	R	U	P	S	D	S	U	R	U
H	L	E	A	R	T	H	L	I	N	G	N	N	Y	T
S	M	U	E	T	S	A	O	T	T	I	U	L	U	A
N	A	U	Y	G	R	E	N	E	R	B	S	W	O	S
U	O	V	O	E	A	A	M	R	T	H	H	T	G	S
S	O	L	L	R	M	A	W	Y	R	E	T	T	A	B

This month's Kids Zone is generously sponsored by:



587.493.8188 | campsayahh.com | Suite 101, 609 - 1 St W, Cochrane, Alberta T4C 1A8



PERCEIVED ADHD ADVANTAGES by Roche Herbst

IS THERE ANY BENEFIT TO HAVING ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A DIFFERENT PERSPECTIVE

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

UNDENIABLE POWER OF ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

THE HIDDEN POSITIVES

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).

Ingenuity, creativity - no, not just for starving artists and broke writers. Some

of the most successful people in the world value the importance of thinking outside-the-box.

Spontaneity, a love for new experiences

- okay, sure... sometimes a little forethought goes a long way, but you are a quick

starter, jump right in and do not get stuck in analysis paralysis.

Laser focus - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.

Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD QUOTES

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting... remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

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

REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

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

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

403-510-9984 or rocheherbst1@gmail.com



Get Ahead With A Home That Can Heal



SCAN FOR
SOLUTIONS

- ✓ Less Sick Days
- ✓ More Focus
- ✓ Higher Grades

CALL TO BOOK YOUR HOME ASSESSMENT



WWW.ALBERTAINDOORCOMFORT.COM | 403.230.2699

CLASSIFIEDS

Email classified@highcountrynews.ca or mail to Box 476, Bragg Creek, AB, T0L0K0
your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

SERVICES OFFERED

MAXWELL SEPTIC: Engineered solutions for new installations & repairs. Ph 403-874-7035
Servicing Bragg Creek & Area

JIMMY J'S TOWING

PRIDDIS. Cash for scrap vehicles. Farm & acreage clean-ups. 403-891-3994

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

FD BOOKKEEPING SERVICES

Year end is coming! Is your small business ready? Julie Jones can take care of your books and get your business finances up to date. For more information: julie@fluiddecisions.com or 403-808-2712. | fluiddecisions.com

RESIDENTIAL CLEANING AND

DETAILING. Call Wanda at 825-883-6608

FOR RENT

BRAGG CREEK ACREAGE HOME FOR RENT

Contact Dave
Phone: 780-667-2471 Price: \$ 2,000.00
Rustic 3-bdm home, 1.5 km from hamlet.
1.5 bath. Seeking mature, self-sufficient, water-wise renter. \$2000/mo. Tractor experience an asset for snow clearing. For inquiries email: mrneufeld@gmail.com

WANTED

EQUIPMENT COORDINATOR

Contact: Brenda Watt - 403 949 2632

Email: rmam@adventuremed.ca

We're looking for a highly organized and detail-focused Equipment Coordinator to manage and maintain our gear inventory. 3 days per week in Redwood Meadows. \$20 per hour.

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

SEEKING RURAL ACCOMMODATION

Single professional female, n/s, n/d, two cats, two horses, seeking long-term acreage rental for April 1, 2025. 403.971.4545

5 AND 10 PIN BOWLING BALLS

Contact Mark Farris Phone: 4035544747

I'm looking for old 5 and 10 pin bowling balls (bocce balls might work too) to use for mosaic projects. The balls can be worn, cracked and even chipped. Happy to come and pick them up.

SHOTGUNS WANTED

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

PART TIME GARDENING HELP

Contact: Joan Myers | Phone: 403-931-2064

Help needed on acreage near Priddis. Light gardening work including edging, weeding and some transplanting. Up to six hours per week. Including fall cleanup and leaf blowing.

LOOKING FOR AN AWD SUV

Contact Raj Mazumdar Phone: 403-612-0399

Price: \$ 15,000.00

Looking for an Active (not Rebuilt Title) reliable AWD SUV for purchase. Private buyer - not dealership or middle-man. Please contact with Model, Trim, Kms Run, Year, Expected Price and other details.

FOR SALE

LYNN'S SOURDOUGH BAKERY CO. is

a microbakery located in Redwood Meadows specializing in sourdough bread. Open 7 days a week, I sell on a bake-to-order basis, offering plain and flavored sourdough loaves in artisan, sandwich or baguette style, as well as pizza dough. For more information, please visit my Facebook page or email me at lynnssourdough@gmail.com.



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

CRAFTSMEN STEERABLE SNOWTHROWER 10HP 28"

Older model with track and cab. Not used for the last 4 years. Asking price \$100, contact 403 949 2269.

BOOTIE BUTLER

Contact Marie-Ann Phone: 4032540704

Price: \$ 500.00 Selling the machine and 11 bundles of booties for \$500.00. Each bundle has 35 pairs (4 Bundles missing from the case.) The four bundles that were used, is all that was dispensed from this machine.

WINTER TIRES FOR SALE

4 Toyo winter tires on rims driven approx 6000K 235/70R16 \$500 obo. Call 403-703-5169

MISC ITEMS

Wheeled microwave cart \$30;
McLane gas 5 bladed reel mower \$325
Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE

COMMERCIAL/BUSINESS CLASSIFIEDS:

\$25 for 4 lines, \$4 per additional line

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

BUSINESS DIRECTORY

LIST YOUR BUSINESS
ONLY \$10.99 PER MONTH - 403-949-3526



ACCOMMODATIONS

GALLOWAY NEST, Priddis.....403.680.8683

ACCOUNTANTS & BOOKKEEPING

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, micah@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.....403.519.5144

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

AUTOMOTIVE SALES & SERVICE

BUCK IRON HEAVY DUTY LTD, buckironheavyduty@gmail.com.....403.818.7621

KAT AUTOMOTIVE, www.katautomotive.ca.....825.734.1043

BLINDS, WINDOW COVERINGS & UPHOLSTERING

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS.....403.816.3802 / 403.975.9843

CHILDCARE

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

GREAT WEST FENCING, www.greatwestfencing.ca.....403.907.0184

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 - 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

REDWOOD MONTESSORI - PRESCHOOL AND KINDERGARTEN, redwoodmontessori.com.....587.225.7030

ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca.....403.932.9289

BRIGHT EARTH ELECTRIC, office@brighthouse.ca.....587.435.2244

LB ENERGY CORP, lbenergycorp.com.....587.225.7610

FINANCIAL & INSURANCE SERVICES

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

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

MORTGAGE BROKER - COUNTRYSIDE FINANCIAL.....403.560.6016

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

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

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

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

TINDER RIDGE CONTRACTING, tinderridgecontracting.com.....403.818.3477

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

PAINTING

DIAMOND THERMAL COATINGS LTD Architectural painting contractors.....403.651.0254

MOUNTAIN VIEW PAINTERS, www.mvpcanada.ca.....403.607.0316

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, furplepersondogservices.ca.....403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsinc.com.....403.949.3555

STEPH'S FUREVERFRIENDS, Dog Boarding & Daycare, stephmarsh@telus.net.....403.679.8821

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

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, REMAX, Mountain View, Bragg Creek, Redwood Meadows, Cochrane.....403.681.4391

DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek/ Elbow Valley/ Redwood.....403.835.3385

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

ELISE LALONDE, REALTOR® - REAL BROKER, Bragg Creek, Cochrane & Surrounding Areas.....403.896.9830

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, Diamond Valley, Acreages, sherriolsen.com.....403.519.5998

SUE WINSOR, MAXWELL Canyon Creek. Country Life.....403.333.3717

TRAVIS VANDERVEEN, EXP REALTY, Travis@vanderveenrealty.com.....403.966.2912

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com.....403.252.5900

RESTAURANT

BAVTAV 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

DAZA ROOFING dazaroofting.com.....403.542.2592

FORTRESS ROOFING & EXTERIORS LTD.....403.264.7844

GUNNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhrroofing.ca.....403.796.ROOF (7663)

SEPTIC (SERVICE AND INSTALLATION)

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

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

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

FOOTHILLS SEPTIC, foothillsseptic.ca.....587.999.4678

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

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.....403.463.3366

TRADEWEST FABRICATION tradewestfabrication.com.....403.700.4570